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WORTH  
SHARING.

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## WELCOME HOME SAILORS!

LOVED ONES REUNITED AS FRIGATE HMCS TORONTO RETURNS TO HALIFAX AFTER SEVEN MONTHS AWAY **PAGE 6**

# First-degree murder charges laid



Victoria Henneberry arrives at Halifax provincial court on Thursday. Henneberry and Blake Leggette have been charged with first-degree murder in the death of Loretta Saunders. JEFF HARPER/METRO

**Loretta Saunders.**  
Police say victim was killed in Halifax



**HALEY RYAN**  
haley.ryan@metronews.ca

Police in Halifax say they believe 26-year-old Loretta Saunders was killed in the apartment she rented with Victoria Henneberry and Blake Leggette on Feb. 13, the last day she was seen around the Cowie Hill Road building and nearly two weeks before her body was discovered in New Brunswick.

Henneberry, 28, and Leggette, 25, were each charged with first-degree murder Thursday afternoon by Halifax police.

"I can't imagine what a tragic event this is for Ms. Saunders' family and friends. We're glad we were able to bring this to some sort of conclusion quickly," said Supt. Jim Perrin, officer in charge of the integrated

major crimes division.

Perrin told reporters police believe Saunders' was killed in the apartment on 41 Cowie Hill Rd. but would not elaborate on a possible motive or how she died.

He said only that "the totality of evidence" in the case led police to lay the charges, but added that a charge of first-degree murder indicates there was "some planning to the crime."

Police ruled Saunders' missing person case a homicide on Wednesday afternoon, and said her body had also been found in a median off the Trans-Canada Highway near Salisbury, N.B.

Perrin said they were led to find her body through breaks in the investigation and ongoing information.

Ontario police arrested Henneberry and Leggette last week after they were found near Windsor, Ont. and charged with stealing Saunders' car.

Perrin confirmed the accused were in a relationship.

Halifax police interrogated Henneberry on Wednes-

### More coverage

For reaction to Saunders' death, see page 3, and for more about who she was, see page 4.

day, before announcing the case a homicide, but Perrin wouldn't say whether she or Leggette had confessed because the case is before the courts.

Saunders' remains have been taken to the coroner's office in Saint John, N.B., and an autopsy will be conducted over the next few days. Perrin said her family was informed of the charges in person on Thursday.

Both Henneberry and Leggette are due back in court Friday for a bail hearing and to face the new murder charges.

Saunders was an Inuk woman from Labrador, and in the last year of her honour's sociology degree at Saint Mary's University. She was working on a thesis about missing and murdered aboriginal women.



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# Saunders' hometown 'sad and heartbroken'

**Labrador.** Happy Valley-Goose Bay in mourning

**GEORDON OMAND**

halifax@metronews.ca

The Labrador hometown of Loretta Saunders is reeling after police in Halifax announced they had recovered her body and were treating her disappearance as a homicide.

"Heartbroken," said Jennifer Hefler-Elson, executive director of the Labrador Friendship Centre in Happy Valley-Goose Bay about the town's reaction.

"Sad and heartbroken."

About 80 people attended a vigil for the 26-year-old Inuk woman, held in the Labrador town of 7,500 earlier this week.

"There's a lot of people that have people away (at university) and it touches home," added Hefler-Elson.

"It could be your daughter, you know?"

Hefler-Elson visited Saunders' mother and father when police confirmed she had been killed, saying the parents were doing "as well as can be expected."

According to Jamie Snook, mayor of Happy Valley-Goose



Loretta Saunders FACEBOOK



Police at the scene of where Loretta Saunders' body was found. Police were on Route 2 of the Trans-Canada Highway, west of Salisbury, N.B., on Wednesday evening. MARC GRANDMAISON/THE CANADIAN PRESS

Bay, news of her disappearance grabbed everyone in the town.

"She was such a bright and young person with such a promising future," he said.

"It's just unbelievable and so unnecessary that it does catch everyone's heartstrings."

Snook said the town was grateful for the attention Halifax gave the case.

"I feel the RCMP in Halifax ... have done a very effective

job finding suspects, finding Loretta ... in a fairly swift time frame," he added.

"I just hope now that the rest of the justice system does its part effectively and there can be closure."

Friday is the final day of Violence Prevention Month and Snook said residents of Happy Valley-Goose Bay plan to wear purple to honour Saunders.

WITH FILES FROM PHILIP CROUCHER

## First-degree murder

### Friend glad charges laid

News on Thursday that first-degree murder charges had been laid against two suspects in the Loretta Saunders case came as no

surprise to Cheryl Maloney, president of the Nova Scotia Native Women's Association.

"We were so hopeful," said Maloney. "We prayed that she would be found."

"I'm just feeling for the family right now."

1 NEWS



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# After such loss, sometimes healing begins with a story

**Loretta Saunders.**  
Journalist and friend  
from her hometown  
says she touched many

**DEREK  
MONTAGUE**  
The Labradorian

As I write this, I'm not sure what I should type or what I can even say to describe the pain that's reverberating throughout Labrador right now. We've lost one of our own in the most tragic way possible.

A beautiful young woman, three months pregnant, murdered while on her way to becoming a lawyer, a full life ahead of her.

For more than a week, we came together in order to comfort each other and raise much-needed money so Loretta Saunders' family could fly to Halifax and look for their loved one.

Between Feb. 17, when

Loretta was reported missing, and Feb. 26, our hearts and minds were focused on bringing Loretta home. We had hope.

But that hope came crashing down on Wednesday as media reports quickly spread through Facebook of the discovery of her body.

The search was over. Loretta will be coming home — but not in the way we had wished for.

The night of Feb. 26, 2014, will always stick out in my mind. Never before have I seen such a dark cloud hang over central Labrador. Never before have I seen such a public outpouring of grief and anger.

So what can I say that would help anyone, even myself, feel any better? Right now I feel like throwing my laptop across the room. I feel like yelling and screaming. But what good would that do?

Loretta and I were friends as teenagers. We met at an LIA Youth Symposium in



An undated photo of Loretta Saunders, the 26-year-old Halifax woman who was murdered. JEFF HARPER/METRO

Postville. I was 16 years old; she was 15. As soon as I met her, I was enchanted.

She had such a kind soul. She was intelligent, lively, bright and had one of the most beautiful smiles you'd ever see. It was very easy to befriend someone like her.

My billets in Postville let me use their snowmobile to get around town. I remember coming across Loretta and some other friends while riding on their machine.

Loretta asked me to hang out and take a walk around Postville with them. I was so

happy with the invite that, when I went to drop off the snowmobile, I parked it outside the wrong house. I can still hear Loretta laughing at me as I ran up the hill to get the snowmobile back.

We remained in touch while we were teenagers. I

would stop in and visit with her while she worked at Burger King from time to time, and we spent many evenings chatting on MSN Messenger.

But we drifted apart as we got older. Now I wish I had been able to stay in touch longer so I could have a few more memories of Loretta to bank on.

Those warm and funny memories we have of Loretta are more important now than ever. Sometimes the healing process can begin with a story.

Now is the time for everyone to do the same for Loretta. Let's share her stories — not just to keep her memory alive, but to help each other begin the healing process.

Share the memories of this precious young lady that make you smile and laugh; the ones that warm your heart. Based on the amount of pain and loss being expressed in Labrador right now, it's clear Loretta touched the lives of many and created a lot of stories worth telling.

**EDITOR'S NOTE: DEREK MONTAGUE IS A REPORTER/PHOTOGRAPHER AT THE LABRADORIAN AND IS A FRIEND OF LORETTA SAUNDERS. HIS FULL COLUMN CAN BE READ AT METRONEWS.CA/HALIFAX.**

## Finding purpose

Right now I feel like throwing my laptop across the room. I feel like yelling and screaming. But what good would that do?

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# Province moves to block strike by home-support workers

**Labour.** Liberals' essential-services law expected to be brought into effect Friday

Nova Scotia's Liberal government is promising to bring in legislation Friday making home-care workers an essential service to swiftly end a scheduled walkout by a group of health-care workers.

This is the first major dispute the government has faced since it took power last fall and its response drew criticism Thursday from unions that accused Premier Stephen McNeil of taking a heavy-handed approach to collective bargaining.

Home-support workers who supply services provided by Northwood Homecare



Nova Scotia Government and General Employees Union president Joan Jessome speaks to the media at a press conference at the union's head office in Dartmouth on Thursday. JEFF HARPER/METRO

and those working for the Victorian Order of Nurses

would be affected by the law, which was released in

draft form Thursday. The legislation also lists sev-

## Quoted

**"Every worker that wants to exercise their right (to strike), it looks like they'll be hit with the hammer of legislation."**

NSGEU president Joan Jessome

eral locals of home-support workers represented by the Canadian Union of Public Employees.

The law would require the province and the union to attempt to work out who is considered an essential worker, and if agreement isn't reached the matter is sent to the Nova Scotia Labour Board. McNeil said non-essential workers could still go on strike under the legislation after an essential-services plan is completed.

McNeil rejected a last-minute offer to go to arbitration from the union in the Northwood dispute Thursday, saying in a letter the province's existing offer is "generous" and similar deals have been accepted by 90 per cent of public-sector workers.

"I urge you to return to the bargaining table and accept this offer as a way to avoid job action," he wrote.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, said employees she represents at Northwood will go on strike at 8 a.m. on Friday and remain out until the new law forces them to return to work.

The legislature is scheduled to be recalled an hour after the strike begins and the Liberals hold a large majority in the house.

THE CANADIAN PRESS

## Offer

### Workers' wage parity at heart of dispute

The existing offer from the province would see wages for workers at

Northwood rise to \$17.95 from \$16.67 as of April 1 in a three-year retroactive deal, Jessome said.

The union wants to achieve parity with similar workers in hospitals, who will make \$18.83 as of April 1.

"These workers deserve the same hourly wage as

someone doing the same job in hospitals," Jessome said.

McNeil warned that if the union rejects the existing offer, the workers will face a lower offer when they eventually return to the bargaining table.

THE CANADIAN PRESS



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# Tears and cheers: A hero's welcome for HMCS Toronto

**Mission complete.**  
Crew of navy frigate intercepted narcotics on Arabian Sea

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halifax@metronews.ca

Family and friends turned out in the happy hundreds Thursday morning at the navy dockyard in Halifax to

welcome home loved ones, deployed for more than seven months aboard HMCS Toronto.

"It's overwhelming, it really is," said leading seaman Andrew McNeil, who was first to leave the ship on Thursday.

Crowds cheered as he embraced his two young daughters, tears running down his face.

"I don't really have any words to put to it," he added,

saying he looked forward to celebrating a late Christmas with his family.

"Seven months and one day, (but) who's counting?" said 27-year-old Nicole MacLean, describing how long it had been since she had seen her boyfriend of three years, Sean Ritchie.

"I've done it lots of times but it doesn't get any easier," said petty officer Derrick Kelloway after reuniting with his wife, Fran Kelloway.

The HMCS Toronto served more than a year in the Arabian Sea as part of Operation ARTEMIS, Canada's contribution to counter-terrorism and maritime security operations in the Arabian Sea.

Crew rotated once in July 2013.

"I couldn't be more proud of what this crew's achieved," said Commander Matthew Bowen.

The frigate's command-

ing officer described the mission as one of the highlights of his career, and essential in the overall fight against terrorism.

"Having a presence over there and being a player in trying to bring peace and security to the area is very important for Canada," he added.

During its 375-day deployment in the Arabian Sea, HMCS Toronto intercepted and destroyed about

8.5 tonnes of narcotics in its mission against terrorism, including more than six tonnes of hashish and two of heroine.

"That's all funding terrorist organizations aren't getting and that's to me, in my books, a huge success," said Bowen.

The vessel travelled nearly 150,000 kilometres, with its onboard Sea King helicopter logging more than 900 flying hours.



## Soulmates

**"It's like part of you is gone for all that time ... the reunion's amazing."**

Fran Kelloway, wife of petty officer Derrick Kelloway, reacts to seeing her husband after he completed a 375-day deployment in the Arabian Sea.



Left: Crew aboard the HMCS Toronto eagerly wait to disembark as the frigate arrives into Halifax's navy dockyard Thursday after more than seven months at sea. Above: Petty officer Derrick Kelloway and wife Fran Kelloway share a warm embrace. GEORDON OMAND/METRO

## Tax system. Whalen puts trust in Broten for comprehensive review

A former cabinet minister from Ontario will lead a review of Nova Scotia's tax system.

Laurel Broten will deliver her report this fall.

Finance Minister Diana Whalen says the review will make recommendations on changes to the tax system and regulations to deal with the province's demographic, fiscal and economic challenges.

She says although Broten is leading the review, it will include input from senior civil servants in Nova Scotia.

Whalen says the province's tax system has never had a comprehensive evaluation and this one will look at the impact taxes, fees and regulations have on economic growth and the business climate.

Broten is a lawyer who re-

signed from politics in June after serving in a number of portfolios in Ontario's Liberal government including inter-governmental affairs, education, environment and children and youth services.

In announcing her resignation, she said she was moving to Halifax with her family.

Broten was at the centre of a bitter battle a year ago with Ontario's teachers over wage-

freeze legislation.

Nova Scotia has an aging population that has been at the centre of public policy debates over economic growth and immigration.

A recent report said the province is doomed to endure an extended period of economic decline unless population and economic trends are reversed.

The report, written by a

five-member panel led by Acadia University president Ray Ivany, said Nova Scotia's population is expected to decline over the next 20 years as young people continue to leave the province to search for work.

By 2036, the province expects to have 100,000 fewer working-age people than it did in 2010, the report said.

THE CANADIAN PRESS



Finance Minister Diana Whalen  
METRO



### Arctic access

## New flights to Nunavut

This summer will see a new air travel option to the Arctic, with Canadian North Airlines planning weekly non-stop flights between Iqaluit and Halifax, with continuing service to St. John's, N.L.

The flights will run from June 20 until Sept. 5, with the

possibility of extending the season depending on how well they are received, the airline said.

The Yellowknife-based airline will use Boeing 737-300 aircraft. Flights will operate on Fridays.

The service will provide "greater access for investment, business travel, tourism and freight, enabling continued economic development across Nunavut," said

Canadian North president Steve Hankirk.

One-way fares for Iqaluit-Halifax will be \$899, Iqaluit-St. John's \$999 and Halifax-St. John's \$159, said airline spokesman Scott Weatherall.

The non-stop flights will mean that "for people doing rotating shift work and things like that, they can fly out of Iqaluit and be home in Halifax in time for a late supper," said Weatherall. **METRO**

### Bullying awareness

## Walk to mark anniversary of Parsons' death

A walk will be held in early April to mark the one-year anniversary of Rehtaeh Parsons' death.

Leah Parsons, Rehtaeh's mother, posted on Facebook Thursday that the walk —

to be called R.A.P.E. (Rae's Awareness for People Everywhere) — will take place Saturday, April 5, at a yet to be determined location.

Rehtaeh, 17, took her own life in April after nearly two years of bullying following an alleged rape at a party when she was 15.

Shortly after the alleged rape, a photo of the incident was sent around her school and a few others.

Two young men are facing child pornography charges in the case. **METRO**



Rehtaeh Parsons FACEBOOK

# Calls for MLA to apologize

**Leo Glavine.** Group says comments don't take income, status into account for health



HALEY RYAN

haley.ryan@metronews.ca

Although the provincial health minister has said he understands health care is a complex societal issue, the Nova Scotia Citizen's Health Care Network is calling for an apology over comments the minister made in an op-ed letter they say blame low-income people for not taking care of their own health.

James Hutt of the Health Care Network said Thursday they would like to see Health Minister Leo Glavine apologize for stating in the Kings County Register that

"individual responsibility" for basic health is crucial, and people need to "break unhealthy habits" like smoking, eating poorly and not exercising.

"We'd like to see a health minister base their statements on evidence, and actually the biggest determinant of health is income ... and status," Hutt said.

"If we actually want to live healthier lives then we need to make it accessible to eat well and to exercise, all these things he's talking about."

Glavine issued a statement this week responding to the criticism by saying his point was simply "everyone is responsible for good health in this province."



Leo Glavine



## Boy charged with arson, break and enter

Firefighters at the scene of a fire on Portland Street in Dartmouth on Wednesday evening. A 16-year-old boy has been charged with arson and break and enter in relation to the blaze, which happened around 5 p.m. No one was injured and investigators were expected to be on the scene Thursday looking for a cause. **JEFF HARPER/METRO**

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## Two years. Breaking Bad wannabe jailed for crystal meth production

A Truro-area man who has been credited with creating Nova Scotia's first known crystal meth (methamphetamine) lab has been sentenced to two years in jail.

Lance Gordon Phillips, 27, of Hilden also pleaded guilty to unsafe handling and transportation of a firearm — a loaded 12-gauge pump-action shotgun — that was found in his vehicle at the time of his arrest in December 2012.

On the weapons charge, the court documents state that Phillips was sentenced to one day's custody, served by his appearance in court.

Phillips was arrested after RCMP investigators dismantled a meth lab discovered in a mobile home that he was renting on Matheson Drive in Salmon River.

### First of its kind

Police said at the time of the incidents that the meth lab was the first of its kind known to be in operation in Nova Scotia.

Breaking Bad was a TV series owned by the American cable and satellite television channel, AMC Networks, that saw a chemistry genius turned high school teacher who teamed up with an ex-student to cook and sell the world's purest crystal meth, in order to provide for his family's future after he is diagnosed with lung cancer.

Their first lab was an RV travel home.

TRURO DAILY NEWS



## Putting a stamp on her African heritage

Bernice Byers Arsenault, one of the girls featured on a new Canada Post stamp, talks during an event at the Africville Museum on Thursday. The new stamp was designed by Karen Smith and was introduced during African Heritage Month. JEFF HARPER/METRO

## Domestic assault. Man to serve time in federal jail

A 38-year-old Pictou County man has been sentenced to two years in federal prison for assaulting his ex-girlfriend.

Stephen William Russell was sentenced in Pictou Provincial Court Thursday after pleading guilty to two counts of assault causing bodily harm, from October 2012 and November 2013, in addition to uttering threats.

The sentence exceeded the 15-month recommendation by the Crown and the 90-day intermittent sentence requested by the defence.

Atwood earlier in the week said it was one of the worst domestic assaults to come across his desk since he has taken a seat on the bench

### Federal time warranted

"It was a violent and unprovoked attack of alcohol-fuelled rage."

Judge Al Atwood

and he felt federal time was warranted.

The court was told during a statement of facts that both were intoxicated and Russell became enraged when he couldn't find the keys, kicking and punching her, pulling her hair and dragging her outside before she was able to crawl under her vehicle with her cellphone and call 911.

NEW GLASGOW NEWS

# New tethering law nothing to bark at

**Fines.** Nova Scotia drafts regulations to limit the time dogs can be kept outside

GEORDON OMAND  
halifax@metronews.ca

The provincial government has released draft regulations that will prohibit Nova Scotia pet owners from tethering dogs outside for longer than 12 hours.

Besides tethering restrictions, the new proposed standards of care would regulate pet shelters, pens, restraints and outdoor care, as well as require a certificate of health for all dog and cat sales.

"If you're going to have a pet you want to make sure you look after it properly," said Agriculture Minister Keith Colwell on Thursday.

"As well as being regulation, it's also an education process for people."

The public was outraged last year when several dogs

died after being left for long periods outside, including in December when a dog was found frozen on a chain outside a home in North Preston.

The proposed changes included adding infractions under the Animal Protection Act to the list of summary offence tickets to be issued, which can be given by SPCA and municipal bylaw officers.

Colwell said amounts have not been confirmed, but fines in some other jurisdictions range between \$100 and \$1,000, depending on the se-

verity of the infraction.

"It's great that things are finally happening for dogs in Nova Scotia," said Joan Sinden, founder of No Chains ALL LOVE, a Halifax-based anti-tethering group.

"Nobody is really taking the 12-hour tethering limit seriously," she added.

Colwell said the changes would also put cats under the Animal Protection Act.

The government said it will ask for feedback from stakeholders and the public until March 31.



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# Romania's pain — its orphans

## Ceausescu-era abuse.

Since Romanian orphans came to Canada, Simon Fraser U. has been studying their development

When the Iron Curtain was torn down almost 25 years ago, the images shocked the world: tens of thousands of Romanian children warehoused in cold, grey institutions, sometimes stacked six to a bed.

Malnourished and ailing, children rocked themselves in silence on thin, threadbare mattresses. Most didn't talk or cry.

There was no point. No one was listening.

Bottles were often tied to cribs for babies to feed themselves.

"Nobody held it for them, or fed them or held the child.

## Early abuse scars deep

"When people saw those images after the fall of Ceausescu, they looked at those babies and thought ... 'I'm going to love that child and everything is going to be OK.' It turns out that that's not always the case."

Lucy LeMare, associate professor at Simon Fraser University

## Mental disorders

The most recent survey, published in 2007, found that about 40 per cent of Romanian adoptees had been diagnosed with a mental disorder, compared with 15 per cent among the general youth population in Canada.

If the baby could cope with it, good; if not, they got sick and died," says Lucy LeMare, an associate professor at Simon Fraser University, near Vancouver.

Under Romanian dictator Nicolae Ceausescu, the number of state orphanages had swelled to more than 600 grossly underfunded institutions.

After the despised dictator was executed by his own people on Christmas Day in 1989, childless western families flooded the country to adopt.

By then, word of the orphanages and their conditions had made world news.

Canadian families took in more than 1,400 children from Romania in 1990 and 1991, roughly half of them from orphanages.

The circumstances presented a tragic and unprecedented opportunity to assess the long-term impact of deprivation in early childhood, and Simon Fraser researchers have spent the past two decades studying the adoptees' development.

They surveyed them as toddlers, then twice as school-



Romanian orphans play without toys and on empty stomachs at a Bucharest orphanage in 1991. THE CANADIAN PRESS

aged children and again around 17.

They're now beginning a new survey with the hope that, as adults, the former Romanian orphans may be able to shed light on what helped and what hampered their abil-

ity to cope with their early trauma.

The research so far has reaffirmed — in the extreme — that the scars of early neglect run deep.

After the Iron Curtain was torn down almost 25 years

ago, childless western couples flooded into Romania looking to adopt.

Perhaps the new survey, looking at the orphans as adults will yield the most valuable information.

THE CANADIAN PRESS

## One good-luck story

### Carmen's story of survival

She was so tiny in her crib that her soon-to-be mom thought she was about 18 months old. Actually, she was four and a half, but neglect and malnourishment had taken their toll.

"What about this little girl?" Sonya Paterson recalls asking in one of a string of dark rooms in dark orphanages she visited throughout Romania. She was helping hundreds of Canadian and American couples adopt kids from the crumbling state.

"The orphanage director looked at me right in the eyes and said, 'Sonya, that girl's not for you. She's irreparable and you should get yourself a baby.'" But the fact that Carmen had survived the barren, prison-like orphanage only endeared the bright-eyed little girl to Paterson. She was adopted by her in 1990.

THE CANADIAN PRESS



Sonya Paterson, left, and her adopted daughter Carmen.

THE CANADIAN PRESS

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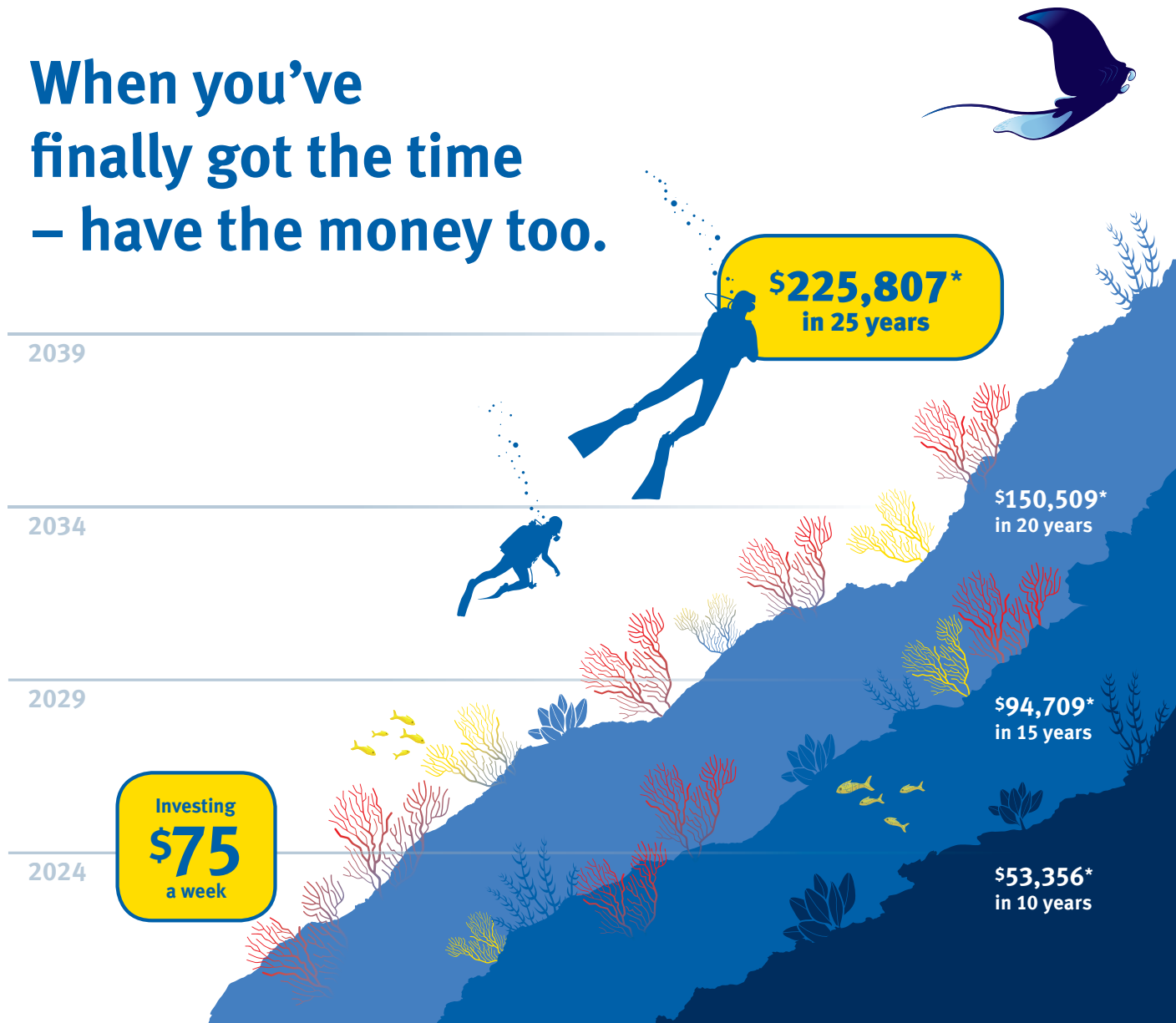
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# Business owner fighting Quebec language law in Facebook fracas



Eva Cooper plans to fight Quebec's tough language laws.  
TREVOR GREENWAY/METRO IN OTTAWA

A business owner is fighting Quebec's tough language laws after she was ordered to translate her company Facebook page into French.

Eva Cooper, owner of Delilah in the Parc, in Chelsea, Que., received a letter from Quebec's language cops claiming that she had violated sec-

tion 52 of Bill 101 and that she must translate the page into French to comply with the law. Cooper said the reaches of Bill 101 have stretched too far and she's ready to fight.

"I am not going to take this lying down. It's about all of us," said Cooper from her Delilah in the Glebe location in Ottawa.

"This isn't pornography, this isn't hate mail, this isn't blackmail, I mean there is nothing bad about what we are doing," she said. "Isn't it a form of communication?"

Cooper has until March 10 to respond to the letter, or she could face legal action.

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## Google offers virtual tour of

A polar bear investigates a vehicle recording imagery for Google Maps in Manitoba tundra, known as the "Polar Bear Capital of the World."

# Bus killer unescorted

**Vince Li.** Board grants man who beheaded fellow passenger on Greyhound freedom to travel to nearby town without supervision

phrenic, has stopped experiencing delusions and is a non-violent patient.

Instead of the supervised outings Li had been granted previously, he will be allowed unescorted trips from the Selkirk Mental Health Centre into the nearby city of Selkirk. The visits, to begin next Thursday, are to start at 30 minutes and increase to full days.

As well, Li's supervision on outings to other communities — including Winnipeg — will be relaxed. He is to be part of a group without a staff member dedicated to monitoring him.

Li is also to be moved to an unlocked ward at the hospital from the secure wing where he has been kept.

For McLean's mother, the changes were an outrage.

"We're not surprised. We're very disappointed, embarrassed, ashamed," Carol

A man who beheaded a fellow passenger on a Greyhound bus in Manitoba will soon be allowed to leave a mental hospital without an escort.

Thursday's ruling by the Criminal Code Review Board means Vince Li will be on his own in public for the first time since he stabbed Tim McLean and then ate parts of his body six years ago.

The board granted Li all the new freedoms his psychiatric team had requested at a hearing earlier this week. Lead psychiatrist Dr. Steven Kremer said Li, a schizo-





## 'Polar Bear Capital of the World'

Churchill, Man. Google Maps users can now trek virtually across the frozen  
GOOGLE/THE CANADIAN PRESS

# granted town trips

### Not convinced

"He poses no threat in care. I propose they keep him in care so he's not a threat."

Carol DeDelley, mother of victim Tim McLean, who says there is no way to guarantee that Vince Li will continue to take his medication if he's unsupervised

DeDelley said.

"I ultimately do not believe that when you take a life, you have the right to freedom any longer."

Li, 46, was found not criminally responsible for stabbing and beheading McLean, a young carnival worker, in July 2008.

The two men were strangers when Li sat next to McLean on a bus ride to Winnipeg from Edmonton. Li's attack was unprovoked — he said he heard voices telling him to kill McLean. The bus stopped and horrified passengers fled as Li carved up McLean's body.

Li was initially kept inside

a locked wing of the Selkirk mental hospital for 24 hours a day. Each year the review board has granted him more freedoms.

Crown attorney Susan Helenchilde did not oppose the changes proposed at this year's hearing. She noted that Li has co-operated with hospital staff at all times.

Li's doctors said he willingly takes his medication and understands the importance of doing so.

DeDelley is not convinced. She said there is no way to guarantee that Li will continue to take his drugs if he's unsupervised. **THE CANADIAN PRESS**

### More study needed

## Canada agrees to prevent fishing in Arctic Ocean

Canada and four other Arctic nations have agreed to work toward a deal to block commercial fishing in the central Arctic Ocean until more is known about the potential of the resource.

The agreement with

the U.S., Russia, Denmark and Norway was reached Wednesday in Nuuk, Greenland, after three days of talks.

"The participants recognized the need for interim precautionary measures to prevent any future commercial fisheries without the prior establishment of appropriate regulatory mechanisms," said a news release issued from Nuuk. **THE CANADIAN PRESS**

### Journalism

## Egypt called on to release Canadian and his colleagues

Members of the Canadian media and the public joined an international day of action Thursday to demand the release of several Al Jazeera journalists, including an Egyptian-Canadian, who are imprisoned in Cairo.

Canadian Mohamed Fahmy and his colleagues — Australian Peter Grete and Egyptian Bahar Mohamed — were detained on Dec. 29, and are being tried on charges of belonging to and aiding a terrorist organization.

At a rally in Toronto, journalists and concerned citizens braved frigid temperatures to send a message that journalism is not a crime.

**THE CANADIAN PRESS**

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## Same-sex marriage. Kentucky the latest win for gay rights advocates

A federal judge signed an order Thursday directing officials in Kentucky to immediately recognize same-sex marriages performed in other states and countries, capping a hectic 24 hours in the battle over gay rights that is raging across the U.S.

The Kentucky decision was just the latest victory for gay rights advocates.

A federal judge on Wednesday declared a same-sex marriage ban in deeply con-

servative Texas unconstitutional, handing same-sex marriage proponents their biggest victory yet — pending an appeal that will likely go to the U.S. Supreme Court.

It followed similar recent decisions in Utah, Oklahoma and Virginia.

Kentucky's ruling Thursday only requires the state to recognize the marriages of gay and lesbian couples performed in other states or countries.

THE ASSOCIATED PRESS

### Rehearsal for invasion?

## North Korea launches missiles in protest, say officials

North Korea fired four suspected short-range missiles into its eastern waters Thursday, South Korean defence officials said, in an apparent effort to protest ongoing

U.S.-South Korean military exercises that Pyongyang calls a rehearsal for invasion.

The launches, however, weren't expected to raise tension as North Korea routinely tests short-range missiles and it has recently sought better ties with South Korea in what outside analysts say is an attempt to win badly-needed foreign investment and aid.

THE ASSOCIATED PRESS

# Pro-Russian gunmen seize Ukraine's Crimea



Pro-Russian activists carry Orthodox icons at a checkpoint outside the Ukrainian Black Sea port of Sevastopol in Crimea, Ukraine, Thursday.  
ANDREW LUBIMOV/THE ASSOCIATED PRESS

### Blow to the bank.

Tensions have caused the country's finances to plummet, prompting a potential emergency financial package

Masked gunmen stormed parliament in Ukraine's strategic Crimea region Thursday as Russian fighter jets scrambled to patrol borders, while the newly formed government pledged to prevent a national breakup with strong backing from the West — the stirrings of a potentially dangerous confrontation reminiscent of Cold War brinksmanship.

Moscow granted shelter to Ukraine's fugitive president, Viktor Yanukovich, state media said. He was said to be holed up in a luxury government retreat and to have

scheduled a news conference Friday near the Ukrainian border.

As gunmen wearing unmarked camouflage uniforms erected a sign reading "Crimea is Russia" in the provincial capital, Ukraine's interim prime minister declared the Black Sea territory "has been and will be a part of Ukraine."

The escalating conflict sent Ukraine's finances plummeting further, prompting Western leaders to prepare an emergency financial package.

Yanukovich, whose abandonment of closer ties to Europe in favour of a bailout loan from Russia set off three months of protests, finally fled by helicopter last week as his allies deserted him. The humiliating exit was a severe blow to Russian President Vladimir Putin, who had been celebrating his signature Olympics even as Ukraine's drama came to a head. THE ASSOCIATED PRESS

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# Judge to examine U.K. policy of protecting IRA fugitives

## Secret side deal.

Findings on program providing letters promising immunity to IRA vets to be reported publicly in May

The British government announced Thursday it will appoint a judge to investigate its long-secret policy of supplying letters to Irish Republican Army fugitives promising them protection from arrest. The issue is dividing Northern Ireland's unity government.

Until this week, Northern Ireland citizens believed more than 200 IRA veterans still could not travel into the

## Not a get-out-of-jail-free card

**"They will be liable for arrest and prosecution."**

Theresa Villiers, cabinet minister for Northern Ireland, on what will happen if evidence shows that letter-holders committed terrorist offences.

U.K. without fear of arrest for outstanding charges or investigations. Publicly, the British government and the IRA's political front, Sinn Féin, gave every impression this remained the case.

Then a London court judgment, published Tuesday, revealed that Britain and Sinn Féin had misled everyone else — and cut a secret side deal.

The judge revealed that

governments led by Tony Blair, Gordon Brown and David Cameron, the current prime minister, had provided 187 IRA veterans with official letters vetted by police and prosecutors reassuring them that, should they return to Northern Ireland or travel to Britain, they would not be arrested for suspected involvement in IRA attacks. Those provided letters included men linked to the slaughter of Protestant civilians. The process started in 2000 and accelerated in 2007 shortly before the Northern Ireland coalition's creation.

Cameron announced Thursday that a judge would investigate the letters program and report findings publicly by May.

THE ASSOCIATED PRESS



North Ireland Deputy First Minister Martin McGuinness of Sinn Féin, right, along with party colleague Gerry Kelly, left, speak to the media at Parliament Buildings, Stormont, Belfast, Northern Ireland, Thursday. PETER MORRISON/THE ASSOCIATED PRESS

## Roller rink employee

### Man indulged foot fetish with up to 200 children: Cops

Police are trying to identify the victims of a 19-year-old Los Angeles roller rink employee who they say admitted indulging a self-described "foot fetish" with up to 200 young boys.

Julian Christopher Flores is charged with one count each of false imprisonment and attempted lewd act on a child, the Los Angeles Times reported Wednesday. He has pleaded not guilty.

The newspaper cited court documents that show Flores admitted taking up to 200 young boys into a maintenance room over the course of a year at Northridge Skateland. THE ASSOCIATED PRESS

## Elana Simon

### Teen spearheads cancer study

A U.S. teenager who survived cancer decided to study her own rare disease, and helped point scientists to a gene flaw that might spur it.

Age 18 is young to be an author of a study in the prestigious journal Science. But an industrious high

school student spearheaded a research project that is bringing new attention to this mysterious disease.

Elana Simon was 12 when she was diagnosed with an extremely rare form of liver cancer that mostly hits teens and young adults. Surgery left her cancer-free. But a high school internship helped her launch the project with help from her scientist father and her doctor. THE ASSOCIATED PRESS

## Port of Stockton

### Mystery Google barge on the move

Google's mystery barge is heading on a short cruise to comply with an order requiring it to move from its current home on a San Francisco Bay island.

The agency leasing the Treasure Island space where the barge is being built says

the four-story vessel is bound for the Port of Stockton, a destination located about 120 kilometres east of San Francisco. The island's development authority says it has been notified the barge will move by March 7.

The barge is leaving because of a Jan. 31 regulatory order concluding that Google didn't have the proper building permits at Treasure Island. THE ASSOCIATED PRESS



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# U.K. spied on webcams: NSA leaks

**Report.** Yahoo calls news British spy agency stole screenshots of intimate videos 'a whole new level of violation' of users privacy, if true

Britain's signals intelligence

division is stealing screenshots from hundreds of thousands of innocent Yahoo users' webcam videos, according to the Guardian newspaper, which also reported that the years-long operation has swept up a huge haul of intimate photographs.

The newspaper said GCHQ has been scooping

up the sensitive images by intercepting video chats such as the kind offered by Yahoo Messenger, an effort code-named OPTIC NERVE. It's not clear how many Yahoo users were spied on in this way. The Guardian said that in one six-month period in 2008, GCHQ intercepted the video communications of 1.8 million users, but it's

**OPTIC NERVE hits a nerve**

## 1.8M

The video communications of about 1.8 million users had been hacked by the GCHQ in a six-month period in 2008, according to the report by the Guardian.

possible that the program, which the Guardian says was

still active in 2012, has either grown or shrunk in scope since then.

The Guardian said the documents were provided by former U.S. intelligence worker Edward Snowden, who remains in Russia after having sought temporary asylum there.

If confirmed, the newspaper's report would represent

"a whole new level of violation of our users' privacy," Yahoo Inc. said in a written statement. The Sunnyvale, Calif.-based company said it was unaware of such snooping and would never condone it, calling on governments across the world to reform their surveillance practices.

THE ASSOCIATED PRESS

### Antipsychotics

#### Drug firms fight \$1.2B award

A lawyer for Johnson & Johnson and a subsidiary told the Arkansas Supreme Court Thursday that the state improperly relied on federal regulations in a lawsuit that resulted in a \$1.2 billion award over the companies' marketing of an antipsychotics drug, Risperdal.

THE ASSOCIATED PRESS

### Market Minute



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#### École Beaubassin

54, boulevard Larry Uteck, Halifax, N.-É. - 457-6810

- Portes ouvertes : le mardi 4 mars
- Spectacle : le mardi 4 mars à 19 h (entrée gratuite)

#### École Beaubassin

54 Larry Uteck Boulevard, Halifax, NS - 457-6810

- Open house: Tuesday, March 4
- Concert: Tuesday, March 4, at 7:00 p.m. (free admission)

#### École Bois-Joli

211, avenue du Portage, Dartmouth, N.-É. - 433-7070

- Portes ouvertes avec petit-déjeuner familial : le mercredi 5 mars
- Soirée de poésie : le jeudi 6 mars à 19 h (entrée gratuite)

#### École Bois-Joli

211 Portage Avenue, Dartmouth, NS - 433-7070

- Open house with family breakfast: Wednesday, March 5
- Poetry evening: Thursday, March 6, at 7:00 p.m. (free admission)

#### École des Beaux-Marais

5261, route 7, Porters Lake, N.-É. - 827-4621

- Portes ouvertes : le mardi 4 mars
- Soirée de jeux en famille : le mardi 4 mars à 18 h 15 (entrée gratuite)

#### École des Beaux-Marais

5261 Route 7, Porters Lake, NS - 827-4621

- Open house: Tuesday, March 4
- Family game night: Tuesday, March 4 at 6:15 p.m. (free admission)

#### École du Carrefour

201A, avenue du Portage, Dartmouth, N.-É. - 433-7000

- Portes ouvertes : le mercredi 5 mars
- Activité en soirée : le mercredi 5 mars à 19 h (entrée gratuite)

#### École du Carrefour

201A Portage Avenue, Dartmouth, NS - 433-7000

- Open house: Wednesday, March 5
- Evening activities: Wednesday, March 5 at 7:00 p.m. (free admission)

#### École secondaire du Sommet

500, boulevard Larry Uteck, Halifax, N.-É. - 832-4302

- Spectacle : le mardi 4 mars à 19 h (entrée gratuite)
- Portes ouvertes : le mercredi 5 mars

#### École secondaire du Sommet

500 Larry Uteck Boulevard, Halifax, NS - 832-4302

- Concert: Tuesday, March 4 at 7:00 p.m. (free admission)
- Open house: Wednesday, March 5

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Projet de sept (7) organisations qui partagent les mêmes buts en éducation : Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation - Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse

Project of seven (7) organisations sharing the same goals in education: Conseil scolaire acadien provincial (CSAP), Équipe d'alphabétisation - Nouvelle-Écosse; Université Sainte-Anne (USA), Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), Centre provincial de ressources préscolaires (CPRPS), Conseil jeunesse provincial (CJP) and Nova Scotia Department of Education.



## Cold War redux?

An American classic car drives past the Russian warship the Viktor Leonov CCB-175, docked in Havana, Cuba. The warship, one of Russia's Vishnya-class ships which are generally used for intelligence gathering, was docked in the harbour on Thursday, a day after the country's defence minister announced plans to expand Russia's worldwide military presence. THE CANADIAN PRESS

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# MARKET HAS A LONG AND PROUD HISTORY

When Fisherman's Market first opened, neither the Macdonald nor MacKay bridges existed, but that was good for businesses on George Street because of the people who took the ferries to go back and forth between Dartmouth and Halifax.

In the early days, Fishermen's Market would provide its customers with their fish wrapped in a clean piece of parchment paper. This differed from the way fishermen used to do it when they sold the fish directly to customers and would put the fish on an 18-inch stick, which had a branch left on that was shortened.

"If somebody wanted some mackerel, the fishermen would put however many were requested on this stick," says company president Fred Greene, and the nephew of company founder Ross Corkum.

People would hold the stick away from their clothing and take the ferry back to Dartmouth with their fresh fish in hand.

Fisherman's Market began operating in 1948, and was originally a small room situated where NovaScotian Crystal is located today.



FOOD10/SHUTTERSTOCK

In the early days, the company would buy fish right at the wharf where the

business was located, including mackerel, herring, haddock, cod, halibut and salt-

fish products. The company soon hired a fish cutter, who would dress fish for its customers and cut fresh cod and haddock fillets.

The business grew quickly and the building was purchased. An addition was added in 1951, which contained a distribution/receiving room, a processing room, freezer, cooler and ice machine room. The number of employees had now grown to 10.

Greene joined the company in 1960 to help with some accounting matters and has been there since.

After some years, fish off Halifax Harbour had partially disappeared, so the company had to source its fish from other areas. As well, the company began finding customers in Quebec, Ontario and Boston. Over time, these moves led it to become the vertically-integrated operation it is today.

The company remained in its original location on the Halifax waterfront until 1993. Because of limited parking and no space for tractor trailers, the company moved to a larger facility on the Bedford Highway.

## MANY CONGRATULATIONS

on your 65 Year Anniversary.  
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It's been a pleasure working  
with you! Here's to many more years!

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## LOBSTER IS BIG BUSINESS FOR FISHERMAN'S MARKET

Nova Scotians are proud of their lobster — and with good reason. While many areas will argue they have the best lobster, there are a few things Nova Scotians can reference to back up their claims.

"We have a well-regulated healthy fishery, clean, cold water and strict standards when grading our product," says Monte Snow, the general manager of Fisherman's Market and one of the partners in the company.

The North Atlantic Ocean also provides an environment where good, natural feed is available for lobsters to eat.

The regulations surrounding lobster fishing here are strict, which helps ensure the finished product is high quality. For example, the size of lobsters that can be harvested has been increased over the years, which means small lobsters can't be harvested.

Regulations also dictate when and where lobster can be harvested.

"We harvest our lobsters in season and it is tried to be done when they are at their premium quality," Snow says.

Lobster is big business for Fisherman's Market. Besides selling lobster

at its retail store and distributing it to local restaurants, the company exports it worldwide. Snow estimates the company is one of the 15 largest lobster exporters in North America.

To have a distinction like that, Fisherman's Market is capable of holding a lot of lobster.

Fisherman's Market can ship fresh lobster overnight across the country and can ship worldwide. It's the perfect gift for the Maritimer longing for a piece of home or anybody craving some premium-quality lobster.



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# Celebrates 65th Anniversary!



Brandon Smith

## THE HOME FOR FRESH FISH

Fisherman's Market is Halifax's home for fresh fish. Located at 607 Bedford Highway, the company has been in business since 1948 and while the company has grown and changed over the years, the company's retail operation is the public face of the business.

"We sell a variety of products," says co-manager Tephine Lush. "We have a lot of local products, but we also carry a variety of exotic fish."

Fisherman's Market operates two fishing vessels, which is part of how it sources local fish.

Lush says some of the best-selling local fish offerings are had-dock, halibut, salmon and scallops. On the exotic front, she says striped bass, b-liners (vermillion snappers) and tilapia are popular.

If you don't see the fish you are looking for at Fisherman's Market,

### CUSTOMER LOYALTY CARD PROGRAM

If fresh, great tasting fish wasn't already enough of an incentive to shop at Fisherman's Market, perhaps the company's loyalty card program is. Customers who apply for the card receive a rebate at the end of the year, which is equal to

one per cent of the total purchases they have made throughout the year. As well, loyalty card members will receive Fisherman's Market's weekly newsletter late Thursday afternoons for a sneak peek at the weekend's specials.

don't hesitate to ask the staff and it will try to source it for you.

"We normally don't have to wait long for product," Lush says. "We order it one day and get it the next."

For more exotic types, the company may even have some frozen product on hand, so don't hesitate to ask.

Fisherman's Market is known for the exceptional quality the fish it sells, and with good reason. Fresh

fish arrives every day. As well, the company has numerous world-leading certifications with respect to food safety and quality, which helps ensure the product tastes as good as it can.

The retail business is also known for its knowledgeable and friendly staff. The staff even provides recipes, helps make dinner suggestions and provides advice and tips for cooking and storing the seafood.

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TO MONTE AND STAFF  
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# Proudly Serving

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## GUIDELINES TO STORING, PREPARING SEAFOOD

When it comes to refrigerating and cooking fish, what are the recommended guidelines? It's an important question worth examining.

"You should only keep fresh fish in your fridge for about a day and a half after it is purchased, definitely no longer than that," says Tephine Lush, one of the co-managers at Fisherman's Market.

If someone isn't going to use the fish within this timeline, they should freeze it.

Proper temperature is a crucial part of shelf life and the ideal temperature for refrigerating fresh seafood is between 1 C and 2 C.

With respect to lobster, live lobster can live from 24 to 48 hours when properly packed and stored. It is important to keep it refrigerated when storing.

Monte Snow, the general manager of Fisherman's Market and a partner in the

### ADDING FLAVOUR

Since seafood is already tender, it doesn't need to be marinated for very long. Ten minutes to an hour should do the trick.

company, says the company has received calls from customers in the past about storing lobster.

Some people had put the live lobster in their sinks or bathtubs with some cool water. Even if you were able to fill up a tub or sink with saltwater, the water would need to circulate with oxygen. Without the oxygen, the lobsters will drown. "There are very few aquariums at home that would accommodate a lobster," Snow says.



Tephine Lush

Once the lobster has been cooked, it can be safely stored in the fridge for up to three days.

One of the great things about seafood is that it is very versatile and can be prepared in many fashions. As far as cooking

times go, it is a lot like steak. People associate cooking steak with having it cooked rare, medium or well-done, and the same is true for seafood. For that reason, people usually like their seafood cooked the way they like their meats done.

CONGRATULATIONS ON  
**65 YEARS**

FISHERMAN'S MARKET INTERNATIONAL



## MARKET IS LEADER IN QUALITY ASSURANCE

Fresh, incredible tasting seafood at a great value is what customers expect from Fisherman's Market. What most people aren't aware of is the behind-the-scenes work that ensures Fisherman's Market gets it right 100 per cent of the time.

Not only is Fisherman's Market's facility regulated by federal and provincial authorities, the company also chooses to be audited by Safe Quality Foods (SQF), one of the highest quality international food safety certifications.

Fisherman's Market is one of only a

handful of facilities in Atlantic Canada to have the SQF designation and the only retail store in HRM attached to a facility with this certification.

The certification means there is another set of eyes monitoring the processes and systems, says Wade Scott, Fisherman's Market's quality assurance manager.

"It makes it far more intensive," he says.

"It means we have another auditing body that comes in and takes a look at

everything we do. It's a win-win for everybody."

Consumers benefit from the comfort of knowing Fisherman Market's products will be safe to consume.

"We have strict specifications right from the boat to our customers to ensure our quality standards are met," says Monte Snow, the general manager of Fisherman's Market and a partner in the company.

The designation gives the company a competitive advantage, especially for national and international sales.

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**OF BUSINESS**



# You for 65 Years!



Judy Marshall and Tommy Gonzales

## SUSTAINABILITY DRIVES OPERATIONS AT MARKET

As a Maritime province, the fishing industry has long been an important part of Nova Scotia's economy. For the fishery to continue to be a healthy industry, it needs to be sustainable. Fisherman's Market is doing its part to ensure this.

The company's operations include owning two boats — the Fisherman's Provider and Fisherman's Provider II — and having several licences to harvest fish. The licences are mainly in the hook-and-line fishery and include fish such as halibut, haddock and swordfish. As well, the company has a licence for Digby scallops.

To ensure the sustainability of the fishing practices of these fish, they are MSC-certified, which is considered the world's leading certification and eco-labelling program for sustainable seafood.

The Marine Stewardship Council (MSC) operates a third-party certification program

where independently-accredited certifiers perform assessments of fisheries to decide if they meet MSC's standards. The MSC certification indicates that a fishery "has demonstrated it maintains sustainable fish stocks, minimizes environmental impacts and is effectively managed," says MSC's website.

As well, the lobster Fisherman's Market carries is on its way to becoming MSC-certified.

"That is in its infancy for becoming MSC-certified," says Monte Snow, the general manager of Fisherman's Market and a partner in the company.

Sustainability applies to more than just local products. Fisherman's Market is constantly trying to be conscious of sourcing sustainable products from where it imports its product. Watch for a growing list at the company's counters.

## PART OF A HEALTHY DIET

There are many reasons to eat seafood. Besides the great taste and the unlimited ways of enjoying it, it's also good for you.

Seafood is a high-protein, low-fat food, which provides a good source of vitamins and minerals. These are just some of the reasons why it is an important part of a healthy diet. Because it is considered to be a low-calorie food when compared to other protein-rich foods, it is viewed as a good option when one is looking to lose weight or maintain their weight, says [seafoodhealthfacts.org](http://seafoodhealthfacts.org).

As well, seafood is low in Omega-6 fatty acids, which are the bad fats commonly found in red meat.

Another plus is that seafood is rich in Omega-3 fatty acids, which are considered an essential fatty acid. Another bonus is that, "Omega-3s are thought to play an important role in reducing inflammation throughout the body — in the blood vessels, the joints, and elsewhere," says the medical website [webmd.com](http://webmd.com).

The Canada Food Guide recommends people consume at least two servings



of fish each week. The American Heart Association website says one study found increased weekly consumption of fish was associated with a reduction in cardiovascular disease risk factors such as obesity and hypertension.

Different cuts of seafood are also quite complex since different areas of the fish are marked by unique characteristics. For example, the belly area is the most moist or flavourful part of seafood and contains more Omega-3 fats. The front of a fish (closer to the head) is more flaky and tender.

To get an idea of the fat content of fish species, [seafoodhealthfacts.org](http://seafoodhealthfacts.org) suggests looking at the colour of the flesh. The leanest species have a white or lighter colour, while fattier fish usually have a darker colour.

FISHERMAN'S MARKET

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# Celebrates 65th Anniversary!

FISHERMAN'S MARKET

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## RETAIL IS JUST A TIP OF THE ICEBERG

### FOR FISHERMAN'S MARKET ON BEDFORD HIGHWAY

In the public eye, Fisherman's Market is a retail operation on the Bedford Highway. In fact, it is a lot like an iceberg — there is a lot more beneath the surface.

Not only is there a lobster pound, but there is a complete lobster exporting business at the Bedford location on the base-level that can house around 80,000 pounds of lobster. There are also processing and distribution facilities on-site.

The company is vertically integrated, meaning for many products, it takes care of every step in the process to get the product to Fisherman's Market, such as owning two fishing vessels and a substantial amount of fish quota, as well as transporting, processing and distribution. The company even has a smoking operation — Seabright Smokehouses on the Bedford Highway.

"We smoke what I consider to be the best smoked salmon in the world, and I've had salmon from everywhere, including Norway, Denmark, Scotland and Ireland," says company president Fred Greene. "There's nothing that compares to ours."

He says the details that distinguishes the company's smoked salmon from its competitors has to do with the lack of aftertaste Seabright Smokehouses' products offer and the exceptional freshness of the salmon.

Depending on the time of year, the company employs between 150 and 165 people across the province.

Fisherman's Market operates facilities in communities such as Canso, Little River, Ingomar, North East Harbour and North West Harbour, mainly for the abil-



ity to store lobsters when poor weather prevents lobster fishing.

Lobster is a big part of the company's business and accounts for half of the company's revenues. Not surprisingly, the company ships lobster around

the world and has shipped product to just about any country you can name. The company also exports its seafood products across the globe in addition to providing local and domestic markets with seafood.

*Congratulations!*

**Fisherman's Market  
on 65 years in business!**



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# HASHTAG HOPES FOR SPRING

**1 Piers Morgan.** Social media went nuts this week when it was announced CNN was ending Piers Morgan's show next month due to poor ratings. The majority seemed fully in support of the decision to axe the show. I for one find his interview style refreshing and transparent, and his ranting on gun control laws — while tiring to some — bang on. I say move Anderson Cooper into the 9 p.m. slot now.

**2 #PinkShirtDay #StopBullying.** People standing up to bullies — while wearing pink — was trending across Canada this week in a beautiful show of solidarity against bullying on Pink Shirt Day on Wednesday. Whether it's in the schoolyard, home, workplace or online, we all know someone who has been bullied. The more awareness (and action) on this social issue, the better.

**3 Harold Ramis.** The world of comedy lost a gem — his writing classics included *Animal House* and *Groundhog Day* — when he passed away at the age of 69, and online tributes flowed in. It's his co-starring role in the *Ghostbuster* movies he'll likely



**THE METRO LIST**  
**Neil Morton**  
metronews.ca

be most remembered for. Indeed, a Twitter picture showing a tribute to him outside the Ghostbusters firehouse in Tribeca (Twinkie included!) was shared all over the interwebs.

**4 AC/DCsymphony.** It's perhaps the best mashup of classical music meets classic rock ever: Croatian string duo 2Cellos did an amazing cover of AC/DC's *Thunderstruck*, performed in full period setting. It has four million views on YouTube. I want more. I want the 2Cellos to do *Stairway to Heaven*, *Bohemian Rhapsody*, *Sweet Child O'Mine* and *Smells Like Teen Spirit*. Shake me all night long with that.

**5 #WeAreSpring, please.** #WeAreWinter was a fantastic, empowering promo for the Canadian Olympic team during the Winter Olympics but that's over (and we did amazing!), yet the frigid temperatures still remain. I can speak for everyone when I say we are kinda getting sick of shovelling. So I propose it's time to bring out a #WeAreSpring campaign where we encourage Mother Nature to show us some heat! Bring it with that hashtag.

**6 Coldplay.** With no context, Coldplay released an eerie, frosty, dark new video titled *Midnight* this week that felt more like a Radiohead song. But dropping stuff with zero context is the new I'm-going-to-build-so-much-hype-behind-this-product-before-it's-released-you-won't-believe-it! So it makes total sense, actually.

**7 Anchorman 2.** On Feb. 28, *Anchorman 2: The Legend Continues* is being re-released in theatres for one week only with 763 new jokes. A movie that had so much improvisation had plenty to choose from and these new ones have risen from the cutting room floor. So now, watch out on social media as movie-goers tweet out their fave new Ron Burgundy lines.

**8 Oscars.** With the 86th Academy Awards Sunday night, the biggest social media action will be on what returning host Ellen has to say in her opening monologue, and what the stars are wearing on the red carpet. The actual awards are secondary — though if Barkhad Abdi from *Captain Phillips* doesn't win best actor in a supporting role, I'll be kicking up a Twitter storm.

Follow The Metro List on  
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## ZOOM

### Batman stars in new toy story



COURTESY FREYA JOBBINS

#### Dark Knight's head made of recyclables

It looks like Batman has gone all soft — he's made out of toys. Sculptor Freya Jobbins created this bust of the Caped Crusader using old figurines, with a baby doll belly as his chin. "My work explores the relationship between consumerist fetishism and the emerging recycling culture within the visual arts," says Jobbins. **METRO**

#### Artist's viewpoint



"I begin my work by finding toys in second-hand shops and recycling centres. As I build a base layer of toys and doll parts, the persona of the bust starts to evolve." Freya Jobbins

#### So many items

- "I love the actual process of hunting for the discarded toys, but to find so many of them unwanted, still in perfectly good condition, really shocks me," Jobbins said.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Seth Rogen and his partner-in-crime Evan Goldberg's next announced project is a movie version of *Console Wars*, an upcoming book about the knock-down, drag-out brawl between Sega and Nintendo of the '90s. But there's no need to wait for either to refresh your memories of a pixelated rivalry.



TORY WALKER/FICKR

#### Nesbox:

Brush up on the Nintendo side of the war by browsing through a playable library of NES and SNES games that is hundreds deep. Classic RPGs, beat-em-up brawlers and patience-grinding platformers. Not to mention the mighty and beloved *Earthbound*. (nesbox.com)

#### Sega:

Look, fan boys. It's quite easy to love the offerings of both companies. There's no need for rival camps. However, as you're working your way

through proven classics like *Aladdin*, *Beyond Oasis* and *Sonic Spinball* (that's right, *Spinball*), you'll find we can all agree that most of the music was terrible. (ssega.com)

#### The Console Wars:

If the games themselves cause your eyes to glaze over, there's still a magnificent yarn full of insider intrigue, corporate betrayal and tumbles from the throne. The full book is a few weeks away from release, but *Exposé* has a pretty great primer that may pique your interest. (xmedia.ea.ac.uk)

#### Twitter



@metropicks asked: The Oscars are this Sunday! If you created an Oscars category that you would win, what would it be called?

@Frank\_Mag: Category, "Best Actor/Actress who only has one line in a movie award" best delivery of said line wins obviously.

@MomAndDadFight: and the oscar

for best new oscar category goes to Ben Whitaker for his work on best new oscar category

@GeorginaBencsik: Best #style

@VickiEssex: Best Monologue Delivered with a Mouth Full of Food. #oscarcategories

Follow @metropicks and take part in our daily poll.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

## SCENE 2

## Synopsis

Liam Neeson joins the mile-high club in *Non-Stop*. He plays Bill Marks, an aging U.S. federal air marshal safeguarding the 150 passengers, including Julianne Moore, Corey Stoll, Linus Roache and flight attendant Lupita Nyong'o, on an international flight from New York to London. He's also a burn-out, a lonely guy with a loaded gun and a propensity to get loaded on booze. The routine flight becomes fraught with danger when he receives text messages from a mysterious source threatening to kill a passenger every 20 minutes unless a ransom of \$150 million is deposited into a bank account. When that account is discovered to be in Marks's name, he's accused of being a hijacker.

• Richard: ●●●●

• Mark: ●●●●

## Reel Guys

RICHARD  
CROUSE AND  
MARK BRESLIN

Liam Neeson takes his tough guy act in the air in *Non-Stop*. CONTRIBUTED

# Just plane outrageous

**Non-Stop.** Liam Neeson's acting is the only thing that saves this from a crash landing

**Richard:** Mark, *Non-Stop* has more red herrings than a fish and chips shop. Clues are dropped and discarded and the plot is so ludicrous that every now and again someone has to say, "I can explain this," so the audience has a fighting chance of making some kind of sense of the intrigue. The story is simple but is muddled by outrageous twists. Once I decided to not try and play along — this isn't *True Detective* where every word and scene counts — I enjoyed watching Neeson in action man mode. He's better than the movie and he made this movie better simply by showing up.

**Mark:** Richard, I liked the movie in spite of itself. I did play along right to the end, and enjoyed the ride. But it's this Agatha Christie-like cheesiness that keeps threatening to sink the picture. And the answer to the movie's riddle was far from satisfying. It felt tacked on and graceless. Neeson is great, but he's getting so old for this sort of thing. Soon he's going to have to chase after the bad guys with a walker.

**RC:** You wouldn't say that if he was after you! Walker or no walker, the old boy has some life in him yet. There is a certain cheesy joy to be found in the image of Neeson floating in zero gravity, grabbing a gun out of the air and getting business done. He has carved a unique action niche for himself and seems to be having fun growling and gunning his way through trashy action movies.

**MB:** And what about Julianne Moore? What's her excuse? Mortgage payments? She was actually the one passenger I didn't believe in for a moment. I kept thinking, "Why is Julianne Moore in this picture?" And like everyone else, she gets to do an emotional speech that proves she couldn't be the villain. Which, of course, may or may not be the case. I know you liked Neeson's zero gravity

gun grab, but I also liked his fist fight in the airplane lavatory. Shot in such close quarters, it was very exciting.

**RC:** I hope Moore buys something nice with the pay cheque. She gets the job done, but that part could have been played by anyone. I feel bad for Lupita Nyong'o. She's an Oscar nominee for *12 Years a Slave*, but here she's reduced to a Grace Jones impersonator with just a few lines.

**MB:** Weirdly, I did not feel very emotionally involved with the movie. Maybe because so much of the plot depends on texting, or maybe because the characters keep yammering on, *Non-Stop*, about their back-story.

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: Certified Fresh: 🍅 Fresh: 🍅 Rotten: 🍅 Audience response: 🍅 Audience anticipation for the film: +

**Drama**



## Stalingrad

Director. Fedor Bondarchuk

Stars. Thomas Kretschmann, Yanina Studilina

Stalingrad is an epic look at the battle that turned the tide of the Second World War. A band of determined Russian soldiers fight to hold a strategic building in their devastated city against a ruthless German army, and in the process become deeply connected to two Russian women who have been living there. Presented in IMAX 3D, the scale of the battle contrasts dramatically with the human drama.

Rotten Tomatoes™ score

Critics: 🍅 46% Audience: 🍅 95%

**Thriller**



## 3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score

Critics: 🍅 31% Audience: 🍅 54%

**Animation**



## The Wind Rises

Director. Hayao Miyazaki

Stars. Joseph Gordon-Levitt

Jirou dreams of flying airplanes, but because he's nearsighted he's unable to become a pilot. Instead he becomes an engineer in the aircraft division of a major Japanese company, where his genius is soon recognized. Historic events and the happenings in his life are inextricably linked.

Rotten Tomatoes™ score

Critics: 🍅 83% Audience: 🍅 92%

**NO CLUE**

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AMY SMART  
BRENT BUTT

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The end of the annual film calendar is nearly upon us, with the 86th Academy Awards set for Sunday evening on CTV and CTV.ca. Here's a sample of what to expect on Hollywood's biggest night.

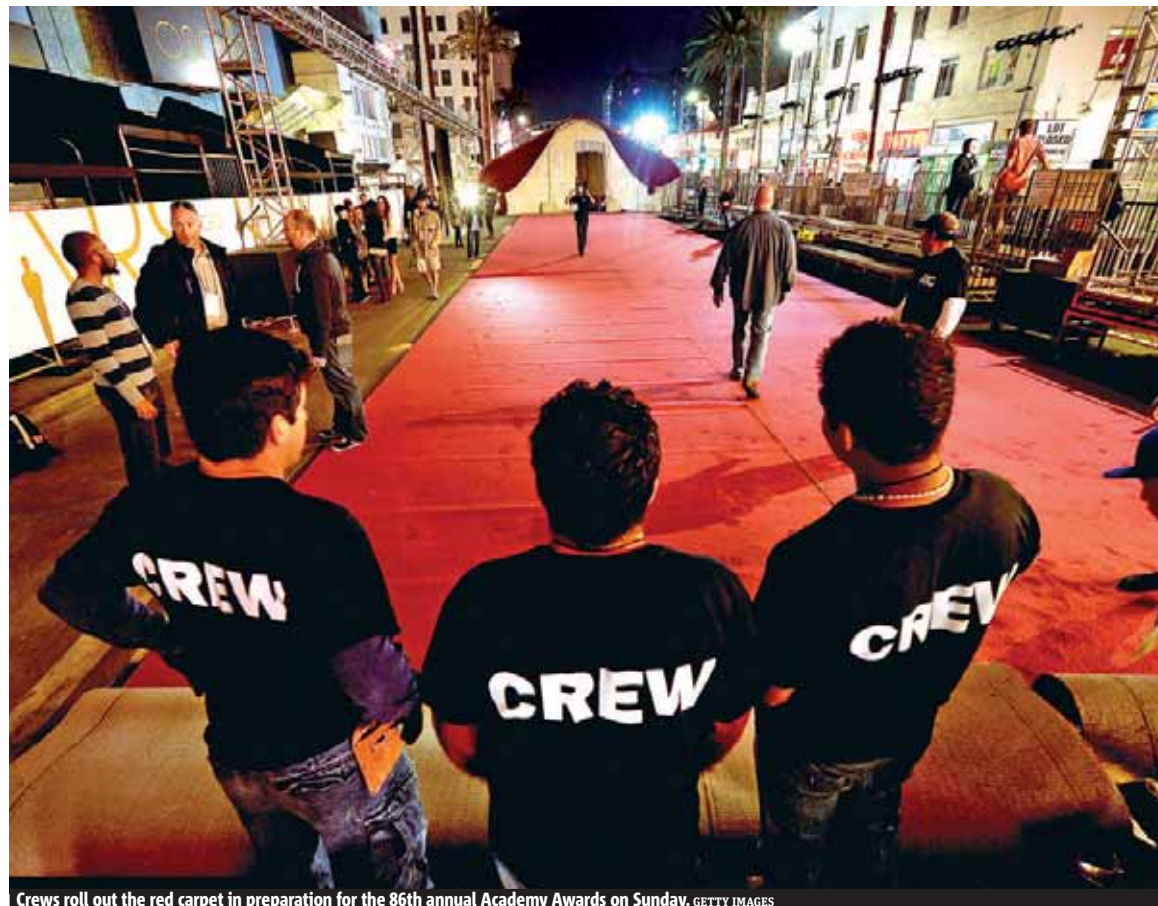
NED EHRBAR

Metro World News in Hollywood

#### Did you know

- Meryl Streep's nod for best actress in August: Osage County marks her 18th Oscar nomination, breaking the record for most nominations earned by an actor or actress, previously held by ... Meryl Streep.
- If Jennifer Lawrence wins for best supporting actress in American Hustle she'll become the youngest person to win two acting Oscars. She'd also be the first actress to win back-to-back awards in different categories and with the same director.
- This year marks only the second time that Pixar has released a film (Monsters University) that hasn't earned a best animated picture nomination. The first was 2011's Cars 2.
- Best actor nominee Leonardo DiCaprio and best actress nominee Amy Adams are currently tied at five career nominations and zero wins each.
- With his nomination for The Book Thief's soundtrack, John Williams extends his ridiculous lead as the living person with the most Oscar nods, at 49. If you factor in the deceased, he's catching up to 60-time nominee Walt Disney.
- Frozen composer Bobby Lopez, one of the songwriters nominated for best song favourite Let It Go, would become the 12th person in show business history to achieve the EGOT — winning an Emmy, a Grammy, an Oscar and a Tony.

- Ellen DeGeneres reprises her role as the ceremony's host, following her last turn at the gig in 2007. She's got a long way to go to get into the record books though, as Bob Hope holds the lead with 19 hosting appearances.



Crews roll out the red carpet in preparation for the 86th annual Academy Awards on Sunday. GETTY IMAGES

# Your guide to the Oscars

**86th Academy Awards.** Here's what to look out for during Sunday's ceremony, hosted by Ellen DeGeneres

Returning producers Neil Meron and Craig Zadan say the theme for this year's Oscars is a salute to heroes and heroines of all stripes, celebrating everything from Norma Rae and Captain Phillips to Harry Potter and the Ghostbusters. There will also be a segment celebrating the 75th anniversary of the Wizard of Oz. Music will be a big part of the ceremony, which is great considering so many big names are nominated in the best song category and performances of the nominated songs were skipped altogether in 2010 and 2012.

U2 (Mandela: Long Walk to Freedom), Pharrell Williams (Despicable Me 2), Karen O

#### Last-minute predictions

We're going ahead and calling most of the races all locked up, but there is still room for surprises. Best supporting actress and best picture seem particularly hard to pin down. But we're pinning them down anyway! If you win your office pool with this, we get a cut, OK?

- **Best Picture:** 12 Years a Slave
- **Best Director:** Alfonso Cuarón, Gravity
- **Best Actor:** Matthew McConaughey, Dallas Buyers Club
- **Best Actress:** Cate Blanchett, Blue Jasmine

- **Best Supporting Actor:** Jared Leto, Dallas Buyers Club

- **Best Supporting Actress:** Lupita Nyong'o, 12 Years a Slave

- **Best Original Screenplay:** Spike Jonze, Her

- **Best Adapted Screenplay:** John Ridley, 12 Years a Slave

- **Best Cinematography:** Gravity

- **Best Original Score:** Steven Price, Gravity



With 46 famous faces presenting over the course of the night, it's going to be a busy stage. Presenters include previous winners like Jennifer Lawrence, Christoph Waltz, Kevin Spacey and Angelina Jolie, plus popular names like Zac Efron, Channing Tatum and Kristen Bell. One we're definitely excited about is Vertigo star Kim Novak, making a rare public appearance at the ceremony.

This marks the 13th year the Oscars have been presented in the same venue, though the name has changed. What was the Kodak Theatre up until 2011 is now known as the Dolby Theatre.

And if the ceremony feels long, just be thankful it's not 2000 anymore. That year, the proceedings clocked in at a whopping four hours and four minutes, while they generally average around three-and-a-half hours long. The first Oscars in 1929, by the way, lasted 15 minutes. If only.

But host DeGeneres has already insisted that she herself won't be singing, unlike last year's host, Seth MacFarlane.

#### A few good reads

### The books behind the films

If you're looking for some good reading material, the Academy's best adapted screenplay category is a good place to start, but you'll be searching bookstores in vain for the book behind Before Midnight. The screenplay for the movie is an adaptation because it's based on the characters from previous films Before Sunrise and Before Sunset. Still, you can always cozy up with these:

- **A Captain's Duty:** Somali Pirates, Navy SEALs and Dangerous Days at Sea, the book by Richard Phillips (with co-writer Stephan Talty) became Captain Phillips, with Tom Hanks stepping in to portray Phillips' hijacking by Somali pirates.

- **The Lost Child of Philomena Lee** by Martin Sixsmith obviously became Philomena, starring Dame Judi Dench as Lee and Steve Coogan as former BBC presenter Sixsmith.



- **12 Years a Slave**, the harrowing 1853 memoir of Solomon Northup, was originally published with the subtitle "Narrative of Solomon Northup, citizen of New York, kidnapped in Washington city in 1841, rescued in 1853 from a cotton plantation near the Red River in Louisiana," which, honestly, is a total spoiler.

- Reading Jordan Belfort's own accounts of his exploits in the memoir The Wolf of Wall Street might help illuminate why the film's chronicle of bad behavior seemed so infatuated with its subject, who earned a tidy \$1 million for the movie rights.

- Over in the best documentary category, you can pick up Jeremy Scahill's Dirty Wars: The World is a Battlefield if you want to learn more about the nominated film Dirty Wars.



# And the Oscar for best cocktail goes to ...

It's an unusually crowded field for this year's best picture contest, but thankfully our vice isn't gambling. Instead, we raise a glass to three of our favourite 2013 nominees. Serve these and everyone goes home a winner!

TEXT BY JOE HOWELL, PHOTOGRAPHY BY JOANNA BALCERAK

## I'm the Captain Now

- 1 oz Captain Morgan Dark Rum
- 1 oz Sailor Jerry Spiced Navy Rum
- 4 oz ginger beer
- 3 lime wedges
- 2 dashes Angostura Bitters

Build in a Collins glass with ice.

We salute Captain Phillips with this take on a seaworthy classic, the Dark 'n' Stormy. Originally just rum and ginger beer, the drink hails from the heyday of the Royal Navy, when sailors got a daily ration of rum and the Navy opened a ginger beer plant in Bermuda, purportedly to wean those same sailors off the hard stuff. Of course, the scallywags just combined the two instead.



## The Russian Satellite

- 1.5 oz Stolichnaya Vodka
- .75 oz Kahlúa
- .25 oz pure lemon juice
- 2 dashes Bittermens Xocolatl Mole Bitters
- 1 dash Fernet Branca
- White tapioca pearls

Shake and strain into a brandy snifter, pack with ice, and scatter pearls on top.

The famous Black Russian — simply vodka and Kahlúa — is older than the space station Mir before they finally decommissioned the space wreck. In this twist we hail Gravity: the cocktail is still sweet and likeable, but thanks to the lemon and Fernet has a bit of edge, like George Clooney in pretty much all his roles.



## The Bamboozeler

- 1.5 oz pineapple juice
- 1 oz coconut cream
- .75 oz Appleton VX
- .75 oz Malibu Rum
- 75 oz Blue Curaçao
- .50 oz lime juice

Shake hard with ice and strain into a stemmed martini glass. Garnish with a homemade cocktail umbrella.

"I don't care, I break the rules," says Bradley Cooper in *American Hustle*. With its neon hue and garish garnish, this libation definitely disregards modern cocktail conventions. But in the era of *Hustle*, sexy, gaudy drinks were de rigueur.

COCKTAILS BY JOE HOWELL, HEAD BARTENDER AT THE SPOKE CLUB. COME TOGETHER AT THESPOKECLUB.COM.



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**Bayers Lake**  
**190 Chain Lake Dr.**  
3 Days to Kill (14) Fri 2:40-5:20-8-10:45  
Sat-Sun 12-2:40-5:20-8-10:45 Mon-Thu 2:40-5:20-8-10:45  
300 Marathon (18) No Passes Thu 7  
300: Rise of an Empire — An IMAX 3D Experience (18) No Passes Thu 10:15  
About Last Night (14) Fri-Thu 1:05-3:30-5:55-8:20-10:45  
American Hustle (14) Fri-Thu 3:50-6:55-10  
Endless Love (PG) Fri-Thu 9:45  
Frozen (G) Fri 1:25 Sat 11-1:25 Sun-Thu 1:25  
Frozen 3D (G) Fri-Thu 4:05-6:40  
Gnomeo and Juliet (STC) Sat 11  
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 1:50-5:15-8:40  
Jack Ryan: Shadow Recruit (PG) Fri 1:50-4:20-6:50-9:20 Sat 11:20-1:50-4:20-6:50-9:20 Sun-Thu 1:50-4:20-6:50-9:20  
Labor Day (PG) Fri 2:10-4:45-7:20-9:55 Sat 11:35-2:10-4:45-7:20-9:55 Sun-Thu 2:10-4:45-7:20-9:55  
The LEGO Movie (G) Fri 2:15-4:45-7:15 Sat 11:15-2:15-4:45-7:15 Sun-Thu 2:15-4:45-7:15  
The LEGO Movie 3D (G) Fri 2:30-5:05-7:40-10:10 Sat 12:05-2:30-5:05-7:40-10:10 Sun 12-2:30-5:05-7:40-10:10 Mon-Thu 2:30-5:05-7:40-10:10  
The Monuments Men (PG) Fri 2-4:45-7:30-10:15 Sat 11:20-2-4:45-7:30-10:15 Sun-Tue 2-4:45-7:30-10:15 Wed-Thu 9:45-2-4:45-7:30-10:15  
Non-Stop (PG) No Passes Fri-Thu 12:25-2:55-5:30-8:10-10:45 Star & Strollers Screening, No Passes Wed 11  
The Nut Job (PG) Fri 1:40 Sat 11:30-1:40 Sun-Thu 1:40  
Pompeii 3D (14) Fri-Tue 12:25-2:50-5:20-7:50-10:30 Wed-Thu 1:50-4:20-6:45-10:30  
Ride Along (14) Fri 1:55-4:20-6:45-9:10 Sat 11:30-1:55-4:20-6:45-9:10 Sun-Tue 1:55-4:20-6:45-9:10 Wed 1:55-4:20-9:10 Thu 1:55-4:20  
RoboCop (PG) Fri 2:05-4:45-7:25-10:05 Sat 11:25-2:05-4:45-7:25-10:05 Sun-Thu 2:05-4:45-7:25-10:05  
Son of God (14) No Passes Fri-Thu 12:50-4-7:10-10:20 Star & Strollers Screening, No Passes Wed 11  
Stalingrad: An IMAX 3D Experience (14) Fri-Wed 1-4-7-10 Thu 1-4-7  
That Awkward Moment (14) Fri 1:25-3:45-6:05-8:25-10:40 Sat 11:05-1:25-3:45-6:05-8:25-10:40 Sun-Thu 1:25-3:45-6:05-8:25-10:40  
The Wolf of Wall Street (18) Fri-Thu 9:15  
**Oxford Theatre**  
**6408 Quinpool Rd.**  
The Wind Rises (PG) Fri 6:45-9:30 Sat-Sun 3:45-6:45-9:30 Mon-Thu 6:45-9:30

**Park Lane**  
**5657 Spring Garden Rd.**  
3 Days to Kill (14) Fri 1:45-4:10-6:35-9:25 Sat 1:35-4:10-6:35-9:25 Sun 1:45-4:10-6:35-9:25 Mon-Thu 3:55-6:35-9:25  
300: Rise of an Empire 3D (18) No Passes Thu 9:20  
American Hustle (14) Fri-Sun 12:45-3:35-6:30-9:15 Mon-Thu 3:35-6:30-9:15  
The Great Beauty (14) Fri-Sun 1:30-4:30-7:30 Mon-Thu 4:15-7:30  
The LEGO Movie (G) Fri 1 Sat 1:15 Sun 1 Mon-Thu 3:30  
The LEGO Movie 3D (G) Fri 3:30-6:45-9:10 Sat 3:40-6:45-9:10 Sun 3:30-6:45-9:10 Mon-Wed 6:45-9:10 Thu 6:45  
The Metropolitan Opera: Prince Igor (STC) Sat 1  
The Monuments Men (PG) Fri 1:10-3:50-7-9:40 Sat 1:10-4:05-7-9:40 Sun 1:10-3:50-7-9:40 Mon-Thu 3:50-7-9:40  
Non-Stop (PG) No Passes Fri-Sun 1:20-4-7:10-9:45 No Passes Mon-Thu 4-7:10-9:45  
RoboCop (PG) Fri-Sun 12:50-3:45-6:50-9:30 Mon-Thu 3:45-6:50-9:30  
Romeo and Juliet (STC) Thu 7  
That Awkward Moment (14) Fri 1:40-4:20-7:15-9:50 Sat 7:15-9:50 Sun 1:40-4:20-7:15-9:50 Mon-Wed 4:05-7:15-9:50 Thu 4:05  
**Lower Sackville**  
**760 Sackville Dr.**  
Cats & Dogs (STC) Sat 11  
300: Rise of an Empire 3D (18) No Passes Thu 9:15  
Endless Love (PG) Fri 6:50-9:35 Sat 12:30-3:20-6:50-9:35 Sun 12:30-3:20-6:40-9:10 Mon 6:40-9:10 Tue 6:50-9:35 Wed-Thu 6:40-9:10  
Gnomeo and Juliet (STC) Sat 11  
The LEGO Movie (G) Sat 11:30-1:30 Sun 1:30  
The LEGO Movie 3D (G) Fri 6:45-9:10 Sat-Sun 4:15-6:45-9:10 Mon-Wed 6:45-9:10 Thu 6:45  
The Monuments Men (PG) Fri 6:30-9:15 Sat 12:15-3:30-6:30-9:15 Sun 12:40-3:30-6:30-9:15 Mon-Thu 6:30-9:15  
Non-Stop (PG) No Passes Fri 7-9:40 No Passes Sat 1:10-3:45-7-9:40 No Passes Sun 1-3:45-6:55-9:35 No Passes Mon 6:55-9:35 No Passes Tue 7-9:40 No Passes Wed-Thu 6:55-9:35  
The Nut Job (PG) Sat 11:15-1:45 Sun 1:45  
Pompeii 3D (14) Fri 7:10-9:45 Sat 2-4:30-7:10-9:45 Sun 1:10-3:40-7-9:25 Mon 7-9:25 Tue 7:10-9:45 Wed-Thu 7-9:25  
RoboCop (PG) Fri 6:35-9:20 Sat 4-6:35-9:20 Sun 4-6:35-9:15 Mon 6:35-9:15 Tue 6:35-9:20 Wed-Thu 6:35-9:15  
Son of God (14) No Passes Fri 6:20-9:30 No Passes Sat-Sun 12-3:10-6:20-9:30



Pompeii. CONTRIBUTED

No Passes Mon-Thu 6:20-9:30

**Dartmouth Crossing**  
**145 Shubie Dr.**  
3 Days to Kill (14) Fri 1:45-4:30-7:30-10:30 Sat-Sun 2-4:45-7:30-10:30 Mon-Thu 1:45-4:30-7:30-10:30  
300: Rise of an Empire (18) No Passes Thu 8-10:45  
About Last Night (14) Fri 2:45-5:10-7:50-10:20 Sat 11:25-7:50-10:20 Sun 12:30-3-5:25-7:50-10:20 Mon-Thu 2:45-5:10-7:50-10:20  
Endless Love (PG) Fri-Thu 9:40 Star & Strollers Screening Wed 11  
Frozen (G) Sat-Sun 11:50  
Frozen 3D (G) Fri 2:05-4:55-7:50 Sat-Sun 2:25-5:15-7:50 Mon-Thu 2:05-4:55-7:50  
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6:50 Sat 11:05-1:30-3:55-6:50 Sun 11:40-1:30-3:55-6:50 Mon-Thu 1:30-3:55-6:50  
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The Metropolitan Opera: Prince Igor (STC) Sat 1  
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Non-Stop (PG) No Passes Fri 2:40-5:15-8:05-10:45 No Passes Sat-Sun 12:20-2:55-5:30-8:05-10:45 No Passes Mon-Wed 2:40-5:15-8:05-10:45 Star & Strollers Screening, No Passes Wed 11  
No Passes Thu 2:40-5:15-7:55-10:35  
The Nut Job (PG) Sat-Sun 12:10

Pompeii 3D (14) Fri 2:35-5:10-8-10:40 Sat-Sun 12:15-2:50-5:25-8-10:40 Mon-Thu 1:50-4:25-7:45-10:25  
Ride Along (14) Fri 2:20-4:55-7:35-9:55 Sat-Sun 12:15-2:35-5:10-7:35-9:55 Mon-Thu 2:20-4:55-7:35-9:55  
RoboCop (PG) Fri-Thu 1:40-4:30-7:15-10:15  
Romeo and Juliet (STC) Thu 7  
Son of God (14) No Passes Fri 4-7:10-10:20 No Passes Sat-Sun 12:50-4-7:10-10:20 No Passes Mon-Tue 4-7:10-10:20 No Passes Wed-Thu 3:30-6:40-9:50  
That Awkward Moment (14) Fri 2:20-5-7:40-10:10 Sat-Sun 2:40-5:20-7:40-10:10 Mon-Wed 2:20-5-7:40-10:10 Thu 2:20-5-10:10  
Winter's Tale (PG) Fri-Thu 10:25

Truro

**20 Treaty Trail, Millbrook**  
12 Years a Slave (14) Fri 6:50-9:50 Sat 12:30-3:30-6:50-9:50 Sun 12:30-3:30-6:45-9:45 Mon 6:45-9:45 Tue 6:50-9:50 Wed-Thu 6:45-9:45  
300: Rise of an Empire 3D (18) No Passes Thu 9  
Endless Love (PG) Fri 7:05-9:35 Sat 3:45-7:05-9:35 Sun 3:45-6:55-9:25 Mon 6:55-9:25 Tue 7:05-9:35 Wed-Thu 6:55-9:25  
The LEGO Movie (G) Sat-Sun 1:25  
The LEGO Movie 3D (G) Fri 6:20-8:50 Sat 3:55-6:20-8:50 Sun 3:55-6:25-8:55 Mon 6:25-8:55 Tue 6:20-8:50 Wed 6:25-8:55 Thu 6:25  
The Monuments Men (PG) Fri 6:40 Sat-Sun 12:40-3:35-6:40 Mon-Thu 6:40  
Non-Stop (PG) No Passes Fri 7-9:35 No Passes Sat-Sun 1:05-3:40-7-9:35 No Passes Mon-Thu 7-9:35  
The Nut Job (PG) Sat-Sun 1:10  
Pompeii 3D (14) Fri 7:20-9:50 Sat 1:20-3:50-7:20-9:50 Sun 1:20-3:50-6:50-9:20 Mon 6:50-9:20 Tue 7:20-9:50 Wed-Thu 6:50-9:20  
RoboCop (PG) Fri-Thu 9:25  
Son of God (14) No Passes Fri 6:30-9:35 No Passes Sat-Sun 12:20-3:25-6:30-9:35 No Passes Mon-Thu 6:30-9:35  
**Bridgewater**  
**349 Lahave St.**  
12 Years a Slave (14) Fri 6:20-9:20 Sat-Sun 12:40-3:45-6:40-9:35 Mon 6-9 Tue 6:20-9:20 Wed-Thu 6-9  
300: Rise of an Empire 3D (18) No Passes Thu 9  
Endless Love (PG) Fri 7:10-9:40 Sat 1:10-4:20-7:10-9:40 Sun 1:10-4:20-7-9:25 Mon 6:50-9:20 Tue 7:10-9:40 Wed 9:30 Thu 6:50-9:20  
The LEGO Movie (G) Sat-Sun 1:25  
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The Monuments Men (PG) Fri 6:40 Sat-Sun 12:50-3:40-6:20 Mon 6:20 Tue 6:40 Wed-Thu 6:20  
Non-Stop (PG) No Passes Fri 7:20-9:50 No Passes Sat 1:40-4:30-7:20-9:50 No Passes Sun 1:40-4:30-7:10-9:40 No Passes Mon 7-9:30 No Passes Tue 7:20-9:50 No Passes Wed-Thu 7-9:30  
Philomena (PG) Fri 6:50-9:10 Sat 1-3:55-6:50-9:10 Sun 1-3:55-6:10-8:50 Mon 6:30-8:50 Tue 6:50-9:10 Wed 6:30-8:50 Thu 9:30  
RoboCop (PG) Fri 9:25 Sat-Sun 9 Mon 9:05 Tue 9:25 Wed-Thu 9:05  
Son of God (14) No Passes Fri 6:30-9:30 No Passes Sat-Sun 12:30-3:30-6:30-9:30 No Passes Mon 6:10-9:10 No Passes Tue 6:30-9:30 No Passes Wed-Thu 6:10-9:10

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# Brent Butt finds the funny in a murder mystery

**No Clue.** Corner Gas creator had the jitters anticipating how audiences would receive his new film

**RICHARD CROUSE**  
scene@metronews.ca

"The Whistler Film Festival was the first opportunity I got to sit in a room with strangers and have them watch the movie and I was very nervous going into it," says comedian Brent Butt about his new film No Clue.

In the film he stars as Leo, a mild-mannered Vancouver tchotchke salesman lured into a murder mystery by a femme fatale played by Amy Smart.

"It's a very dark, classic kind of detective mystery but the main characters say funny things," says Butt.

"We really felt, totally objectively, that we made the movie we wanted to make but that part of my brain that is the stand up comic said, 'What you think doesn't really matter. The audience will let you know,' and the audience is everything to me."

"Long before Corner Gas came around I was just a greasy nightclub comic, out there getting it done. When you are doing that you always have the ability to shift gears."

You think, 'They're not buying the sports stuff so I'll talk about politics,' but with this movie if they're not liking it five minutes in you can't say, 'Everybody go get a drink. I'm going to re-edit this.' You are locked in."

Audience reaction was "better than we ever could have imagined" for a movie he calls a "tricky balancing act."

"I wanted to make a movie that if it wasn't funny would still be entertaining. It would still be thrilling and a mystery and have all those good, juicy elements, and then the funny kind of folds in, like gravy: It's on top of everything else."

"From the writing stand point there were a lot of funny jokes I neglected to put in the movie because I felt this is funny, but it is ultimately going to damage the reality. For this movie to work it has to feel real. One of the things we did early on was tell everybody to forget that this is a comedy. Pretend you are making a dark murder mystery. That's what this is. The comedy will come in elsewhere."

Butt cites a famous example of the kind of film he wanted to make. "Beverly Hills Cop was written not to be a funny movie. It was written to be a thriller and then they cast Eddie Murphy and said, 'Let's make it funny.' But if you take all the funny things that Eddie says out, it still holds water as an action movie."



No Clue opens next Friday. CONTRIBUTED

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Rihanna ALL PHOTOS GETTY IMAGES

## Rihanna's flirty ways keep Drake and Brown guessing — and love triangle intact

Everything old is new again, including the R&B love triangle that is Rihanna, Drake and Chris Brown. Rihanna recently enjoyed a Paris outing with the Canadian rapper, who traded blows with Brown at a New York club in 2012 over what was said to be an argument about her. And Rihanna has reportedly been exchanging

texts with ex-boyfriend Brown, who is still on probation for assaulting her five years ago, according to the NY Post. "Chris started texting Rihanna on her birthday (on Feb. 20), and the two have been sending each other a flurry of texts ever since," a source says. "Friends are freaked out that she's going to start dating him again."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### Girls star Driver tipped to play new Stars Wars VII villain

MELINDA TAUB

Metro World News

have swirled around just about every Hollywood male since the J.J. Abrams-directed reboot was announced, nothing has been confirmed yet, including for Driver — not by the Star Wars people, anyhow. Driver's co-star and boss Lena Dunham seems pretty sure he's got the job.

"We're VERY proud of Adam Driver re: Star Wars. He's about to rip a hole in da force. Is that a thing? I guess I should see those movies?" she tweeted on Feb. 26.

OK, maybe she's not totally sure, because she followed that up with a second tweet: "I confirm nothing bc I know nothing bc I'm on a plane with my dad! I just like Adam more than almost anyone, and JJ Abrams a whole lot too." It's a good week for the Girls gang: another one of Driver's co-stars, Allison Williams, just got engaged to boyfriend Ricky Van Veen, who is a co-founder of the comedy website CollegeHumor.

Some days, it's good to have a face like a handsome alien. Adam Driver, the Girls star who looks like the love child of sexy and weird, is putting those unconventional good looks to excellent use: He's close to signing a deal to play a villain in the upcoming Star Wars: Episode VII, according to Variety. Sources say his character will be in the vein of Darth Vader.

Apparently, the only holdup was his Girls shooting schedule, but surely Hannah and Marnie's Brooklynite fretting is no match for the power of the Force. Although breathless casting rumours

THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

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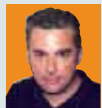
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## Liquid Assets

### The best wine goes to...



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Peter Rockwell  
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For the first time in years I can say I've seen most of the movies nominated for the Best Picture Oscar. Sadly, not one of them speaks to the wine community.

It looks like I'll have to wait until *The Billionaire's Vinegar*, the story of the world's most expensive bottle

of wine, hits theatres. Brad Pitt is set to star.

If you're wondering what my favourite wine movies are, here are my top picks:

*Sideways*: The brilliant Academy Award winner that made pinot noir a superstar.

*Bottle Shock*: Upstart Americans take on the French

in a sniff, swirl and spit contest that ... well, I won't ruin the ending.

*A Good Year*: Russell Crowe inherits a French winery in Provence and his ego gets crushed just like his grapes.

*Somm*: A doc that will have you shedding a tear at the trials and tribulations of

becoming a sommelier.

For me, the Oscars are an appetizer event and the refreshing varietal fruit of the Fat Bastard 2012 Chardonnay (\$13.46 - \$15.99) makes for a food-friendly date to the big show. **PRICES REFLECT RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Nothing cures the winter blues like comfort food. Bestselling Australian chef Donna Hay shows us how, with a hearty slow-roasted lamb recipe from her cookbook *Fast, Fresh, Simple*.



## Dessert

### Standby Brownies

- 150 g butter
- 1 1/4 cups (275 g) caster (superfine) sugar
- 3/4 cup (75 g) cocoa
- 1 tsp vanilla extract
- 3 eggs
- 1/2 cup (75 g) plain (all-purpose) flour

Preheat oven to 160 C (325 F).

Place the butter, sugar and cocoa in a saucepan over low heat and stir until the butter has melted. Spoon into a bowl and add the vanilla and eggs, whisking well.

Sift the flour over the mixture and whisk to combine.

Spoon the mixture into a 20 cm-square cake tin lined with non-stick baking paper.

Bake for 30-35 minutes or until centre is just set. Cool in tin and cut into squares to serve. Makes 16. **DONNA HAY, GUSTOTV.COM**

# Fancy with ease: Slow-Cooked Balsamic and Garlic Lamb



This recipe serves four. **DONNA HAY**



**FAST, FRESH, SIMPLE**  
Donna Hay  
gustotv.com

**1.** Preheat oven to 140 C (275 F). Place the lamb, vinegar, stock, rosemary, garlic and sugar in a deep baking dish and cover with a tight-fitting lid. Bake for 3 hours.

**2.** Turn lamb and bake further 2 hours. Remove the lid, increase temperature to 180 C (350 F) and bake for 30 minutes or until the lamb has browned.

## Ingredients

- 1 kg lamb shoulder, on the bone
- 1 1/3 cups (310 ml) balsamic vinegar
- 3 cups (750 ml) chicken stock
- 6 sprigs rosemary
- 8 cloves garlic
- 2 tbsp brown sugar

## GustoTV

Australian chef Donna Hay is one of the great culinary masters airing on GustoTV. One of Canada's newest TV channels, Gusto features cooking and culinary travel shows each night, hosted by chefs and foodies from around the world, as well as here at home. For more details, check your local listings or visit [gustotv.com](http://gustotv.com).

**3.** Remove lamb from pan and keep warm. Pour pan juices over a bowl of ice and quickly remove the ice and the solidified fat with a slotted spoon. Place the pan juices into a small saucepan and bring to the boil.

**4.** Serve lamb with crispy roasted potatoes, steamed greens and pan juices. **WATCH DONNA HAY FAST, FRESH, SIMPLE MONDAY TO THURSDAY AT 6 P.M. EST ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

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**3** Pharrell Williams Happy  
**2** Pitbull ft Ke\$ha Timber  
**1** Katy Perry Ft Juicy J Dark Horse

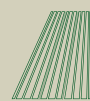
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# 3 TIME

# DON'T LET COLD OR FLU SLOW YOU DOWN

## HOW TO SAFEGUARD YOUR FAMILY

Sneezes, sniffles, or coughing fits can put a serious wrench into daily life.

Do you know the best ways to help prevent the flu? This year, help safeguard your family against illnesses with the following tips for cold and flu season.

### BOOST YOUR IMMUNE SYSTEM

A healthy immune system is the best protection against cold and flu season. Keep your family's natural defences strong with these simple tactics:

- Avoid stress. Studies show that stress hampers your ability to stay healthy, especially during cold and flu season, so anything you can do to combat stress helps fight germs. Try taking a mini meditation break during the day — simply close your eyes and focus on breathing in and out for a few minutes.
- Get plenty of sleep. When you consistently log eight

hours of sleep a night, your body has the chance to repair cells and build up your immune system.

- Eat right and exercise.

Stock up on fruits and vegetables to give your body the nutrients it needs.

Also, shoot for 30 minutes of moderate

activity at least three times a week.

- Get a flu shot. Think of it as your secret weapon during flu season.

It's approved for almost everyone older than 6 months. Consult your doctor to see if the whole family should be vaccinated.

### FIGHT GERMS

When you keep germs away during cold and flu season, you can

lower your odds of getting sick. Try these simple habits to help avoid stuffy noses and sore throats:

- Wash your hands. And talk to your children about why it's important to wash theirs. A typical hand washing — before a meal, after going to the bathroom, or anytime you cough, sneeze, or blow your nose — should last 20 seconds. It's roughly the time it takes to sing Happy Birthday twice in your head.
- Bring backup. Try sticking a bottle of hand sanitizer in your purse to fight germs when you are on the go.
- Clean your desk. It's a hot spot for germs at the office. Invest in some disinfectant wipes and clean your desk, keyboard, mouse, and phone frequently.

### BE PREPARED FOR COLD AND FLU SYMPTOMS

Despite your best efforts, it can be tough to make it through cold and flu season without anyone in the family getting sick. Stock up on the essentials such as Vicks® NyQuil®, Vicks VapoDrops™, and Puffs Plus® with the Scent of Vicks.



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QMJHL

## Key Moose are returning to Herd

The Halifax Mooseheads will get an added boost when they take on the Bathurst Titan on Friday.

Forward Sam Leblanc (mono) and defenceman Brian Lovell (concussion) will make their return after being out since Jan. 13 and Jan. 25 respectively.

The Mooseheads are currently riding a five-game winning streak and sit in fourth place in the league standings, eight points behind No. 1 Baie-Comeau Drakkar.

The Mooseheads should face a big test in their second and final road game of the weekend against the 30-28 Moncton Wildcats on Saturday.

After the weekend, the Mooseheads have just six games remaining on their regular-season schedule.

Halifax leading scorer Jonathan Drouin is in the midst of a six-game point streak (three goals and 10 assists). The Herd's second leading scorer Nikolaj Ehlers is also riding a five-game point streak (seven goals, five assists). **METRO**

NBL Canada

## Rainmen fail to rein in Storm at Metro Centre

They put up a fight, but the Halifax Rainmen couldn't make it count on Thursday night.

The Rainmen cut an eight-point deficit to two heading into the final quarter, but the Island Storm stood their ground en route to a 113-104 victory at the Metro Centre.

The Storm, who shot 49 per cent from the field, were led by Nick Okorie's 37 points.

Jason Williams paced the Rainmen with 28 points, while Tim Parham collected 19 points to go with 10 boards.

For the second straight night, the Rainmen secondary unit outshot the Storm's bench 41-25. But the starters for the Storm (23-18) proved too strong for the home squad, who made good on only 18 for 25 attempts from the free-throw line.

With the loss, the Rainmen fall to 11-30.

Halifax hits the road to take on the Saint John Mill Rats on Tuesday.

**METRO**

# Huskies ready for AUS-title dog fight

**Basketball.** St. Mary's isn't looking past any team at the three-day tournament in their quest for a title



ANDREW RANKIN

andrew.rankin@metronews.ca

If recent history is any measure, the Saint Mary's Huskies could be in tough at the AUS playoffs this weekend in Halifax.

They may have earned a semifinal bye as the conference's No. 2 team, but the Huskies know they'll have a battle on their hands no matter who they face at the Metro Centre.

Each of the teams in the three-day tournament that starts Friday have all beaten the Huskies during the regular season.

"We've beaten every team in this tournament and we've also lost to every team in this tournament," said head coach Jonah Taussig. "We have the potential to win on any given night, but we also know that we can be beaten. We're certainly not looking past P.E.I. or Cape Breton, that's for sure."

Having three of their own in the top 10 in AUS scoring, the Huskies are not hurting on offence. Simply put, Taussig believes his squad will prevail if they play harder, especially



Teammates from the Cape Breton Capers celebrate after winning the AUS basketball title last season at the Metro Centre. JEFF HARPER/METRO

### AUS championship schedule

- **Quarter-final 1.**  
Friday: New Brunswick Varsity Reds (5) vs. St. Francis Xavier X-Men (4) 6 p.m.
- **Quarter-final 2.**  
Friday: Cape Breton Capers (6) vs. P.E.I. Panthers (3) 8:15 p.m.
- **Semifinal 1.**  
Saturday: Winner QF 1 vs. Acadia Axemen(1) 6 p.m.  
Saturday Winner QF 2 vs. Saint Mary's Huskies 8:15 p.m.
- **Final.**  
Sunday, 2 p.m.

on the defensive end, than the competition.

"What we need to do is be fully focused for 40 minutes. That's been our downfall, two or three minutes of effort,

that's not acceptable. It will cost you."

While every team has its share of threats, the AUS's top-ranked Acadia Axemen is led by conference MVP Owen

Klassen.

"There are not many six-foot-10 guys that have his skill set," said Taussig. "He's a handful, but you never know who's going to step up and shoot the ball well."

Like Taussig, Axemen head coach Stephen Baur knows the competition will be tight, and he's prepared for an all-out battle.

"It's been a very competitive league, there's been a lot of parity throughout the year," he said. "We've played well, but we've also come up short on occasion. So now we'll see if it all comes together for us this weekend."

## Huskies head home in deadlock

The Saint Mary's Huskies stumbled early and couldn't recover, falling 5-2 to the New Brunswick Varsity Reds in AUS semifinal action in Fredericton on Thursday.

But on the bright side, the Huskies are coming home tied a game apiece in their best-of-five series against the No. 1 team in the conference.

"We lost in the first period tonight," said head coach Trevor Stienburg. "We just couldn't recover after those three goals in the first. We probably played a better game tonight. We kept them to 24 shots, three in the third period, but we didn't get the job done in the first."

Coming off a remarkable



Huskies head coach Trevor Stienburg. CONTRIBUTED

50-save performance, Huskies netminder Anthony Peters started the contest a little

shaky, allowing four straight UNB goals until Ryan Hillier finally responded for the Husk-

ies just over six minutes into the middle frame.

But the visitors couldn't find the firepower needed on this night.

"The last 40 minutes of the game, it was a 2-2 tie," added Stienburg. "We can't make mistakes against this team."

Nick MacNeil paced the Varsity Reds with a goal and a pair of assists. Cam Braes scored twice, while Cam Critchlow and Philippe Halley added singles to round out the scoring for UNB. Stephen Johnston scored the other goal for Saint Mary's.

Game 3 is scheduled for 7 p.m. on Saturday at the Halifax Forum. **ANDREW RANKIN/METRO**



## MLB. Braun doesn't wait long to display his brawn

Back from a lengthy suspension, Ryan Braun quickly displayed some power.

The slugger hit a two-run homer Thursday in his first at-bat for the Milwaukee Brewers since completing a season-ending, 65-game suspension in 2013 for violating Major League Baseball's anti-drug agreement.

In the first inning of Milwaukee's spring opener against Oakland, Braun hit an 0-1 pitch off Tommy Milone high over the wall near the left-field corner, 345 feet away. The 2011 NL MVP got a hearty round of cheers, the loudest coming from fans in the dozen rows or so behind the Brewers bench at Phoenix Municipal Stadium, the spring home of the Athletics.

"It's still the first day of spring training. Better to hit the ball hard then to strike out," Braun said. "The goal is to have a gradual progression to prepare myself for the season."

One that promises to have its share of hecklers for Braun,



Ryan Braun GETTY IMAGES

at least at the start. Just before the homer, one fan wearing an A's hat yelled "MVP-E-D."

Braun took it in stride.

"I've never experienced them not yelling at me," he said. "They have some new things to yell at me for, to yell at me about."

It was Braun's first game in the Brewers' lineup since July 21, 2013. The five-time all-star accepted a 65-game penalty the next day for his involvement with Biogenesis, a Florida clinic accused of distributing performance-enhancing drugs.

THE ASSOCIATED PRESS

## PGA. Tiger's struggles continue at Honda Classic

Zach Johnson made a quadruple-bogey 8 on his second hole and still managed a 67 in the Honda Classic on Thursday.

Tiger Woods had good birdie chances on his opening four holes and couldn't break par.

Johnson made seven birdies after his soggy start — two straight shots into the water. He looked as though he might have shot himself out of the tournament, but he ended the round two shots behind co-leaders William McGirt and Rory Sabbatini among the early starters. Woods was

### Shooting from the hip



Tiger Woods on his opening round performance in Palm Beach Gardens, Fla.

"It certainly wasn't together today. I didn't get into a roll early."

playing for the first time in a month — and only his third tournament this year — and he didn't show many signs of rounding into form.

THE ASSOCIATED PRESS

### CFL

## Hortons hears an Oskee Wee Wee

The CFL's Tiger-Cats reached a 20-year lease agreement with the city of Hamilton for the use of the new Tim Hortons Field on Thursday.

The \$145.7-million stadium is set to open when the Ticats play Ottawa July 26. The lease will see the CFL club commit upwards of \$30 million over the term, was approved by civic officials Wednesday night.

THE CANADIAN PRESS

### NBA

## Cousins banned for punch, abuse

The NBA suspended Sacramento Kings centre DeMarcus Cousins for one game and fined him \$20,000 on Thursday for punching an opposing player and verbally abusing an official in a game against the Houston Rockets earlier this week.

Cousins will serve his suspension when the Kings visit the Los Angeles Lakers on Friday night.

THE ASSOCIATED PRESS

# Canadiens push past Penguins in shootout

## NHL. Sidney Crosby's two-point night not enough to hold off hard-charging Habs

David Desharnais scored the lone goal in the shootout, leading the Montreal Canadiens to a wild 6-5 victory over the Pittsburgh Penguins on Thursday night.

Canadiens goaltender Peter Budaj, in his second straight start for injured starter Carey Price, stopped Penguins shooters James Neal and Sidney Crosby before denying Evgeni Malkin's slapshot for the win.

Desharnais, the third shooter for Montreal, slammed on the brakes at the top of the crease before sliding the puck by Marc-Andre Fleury.

Daniel Briere scored twice, once on the power play, and Max Pacioretty also scored with the man advantage, his 27th of the year. Brendan Gallagher netted his 15th for the Canadiens and Alexei Emelin also



Canadiens defenceman P.K. Subban chases Penguins centre Sidney Crosby, who he played with on Team Canada during the Sochi Olympics recently, as goalie Peter Budaj keeps watch in Pittsburgh on Thursday night.

KEITH SRAKOCIC/THE ASSOCIATED PRESS

scored his second of the season.

Crosby, who leads the NHL with 80 points, scored his 29th and added an assist. Neal scored his 21st for his 300th career point and also had an assist, while Malkin provided two assists, both extending six-

game point streaks. Olli Maatta scored his seventh of the season on the power play and had an assist, while Brandon Sutter had a short-handed goal, his 10th of the year. Deryk Engelland also scored his career-high fifth goal. THE CANADIAN PRESS

## Joey's bat in fine form at start of spring

Jose Bautista kept up his torrid start to the spring, hitting two doubles and driving in two runs Thursday to help give the Toronto Blue Jays a 7-5 win over the Philadelphia Phillies.

A day after hitting a long home run against the Phillies in his first at-bat of exhibition play, Bautista had an RBI double in the first inning off Philadelphia ace Cliff Lee.

Bautista finished 2 for 2 with a walk. The former two-time major league homer champion missed the final six weeks last year because of a hip injury. Jose Reyes, Brett Lawrie and Melky Cabrera also drove in runs for Toronto.

"I thought we swung the bats pretty good," Blue Jays manager John Gibbons said.

Gibbons liked how many of Toronto's hits were up the middle or to the opposite field.

"Against a lot of lefties and things like that, you have to be able to do that and I think it was progress for us," he said.

FRANK GUINN/THE CANADIAN PRESS

### Elsewhere on Thursday

- **Red Wings 6, Senators 1.** Johan Franzen scored three goals to lead Detroit past Ottawa.
- **Rangers 2, Blackhawks 1.** Cam Talbot, subbing for resting Olympian Henrik Lundqvist, stopped 31 shots, and Derick Brassard and Rick Nash scored as New York got a victory over Chicago.
- **Islanders 5, Leafs 4 (OT).** Lubomir Visnovsky scored 1:55 into overtime and New York outlasted Toronto in a wild game. Visnovsky's winner came after Anders Lee scored two tying goals for the Islanders in a see-saw third period in which the teams combined for five goals in a nine-minute span.

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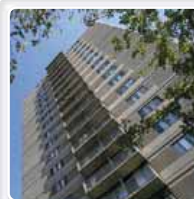
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## Horoscopes

### Aries

March 21 - April 20

As mind planet Mercury moves in your favour again today your attitude will change for the better and you will be more upbeat about your hopes. Anything is possible if you want it enough.

### Taurus

April 21 - May 21

Keep telling yourself that you have what it takes. If you say it enough, you will start to believe it and when that happens, all sorts of doors will suddenly open to you.

### Gemini

May 22 - June 21

If you have something to say you know isn't going to please some people, say it now. Don't worry about the consequences. Your job is to call it as you see it, and you see more clearly than most.

### Cancer

June 22 - July 23

Be on the lookout for money-making opportunities but don't go rushing after them the moment you spot them. As Mercury, planet of intellect and communication, turns direct again today you can afford to take your time.

### Leo

July 24 - Aug. 23

A loved one will speak their mind today and what they have to say will shock you. You never realized they could be so passionate, or so angry. Well, now you know, so what are you going to do about it?

### Virgo

Aug. 24 - Sept. 23

As of today you should find it easier to organize your daily routine and either get rid of or delegate jobs that take up a great deal of your time for very little in the way of rewards.

### Libra

Sept. 24 - Oct. 23

News you receive from afar will make you realize that what you've been worrying about in recent weeks is of no real importance. Creatively and romantically, seize the initiative and make things happen.

### Scorpio

Oct. 24 - Nov. 22

It may annoy you that someone is saying untrue things. But the best approach is to pretend that you have not noticed and that you agree with every word they say. Then prove them wrong.

### Sagittarius

Nov. 23 - Dec. 21

Now that Mercury, planet of communication, is moving in your favour again, you will find it easy to express yourself. But don't let everyone know what is going on in your head.

### Capricorn

Dec. 22 - Jan. 20

What seems extraordinary to you may be an everyday occurrence to other people, so let your mind be open to all possibilities. It doesn't, of course, mean you have to agree with them.

### Aquarius

Jan. 21 - Feb. 19

Any self-doubts you have will start to fade today and with luck will be swept away by tomorrow's new moon. People expect you to be positive in your views and don't want to disappoint them.

### Pisces

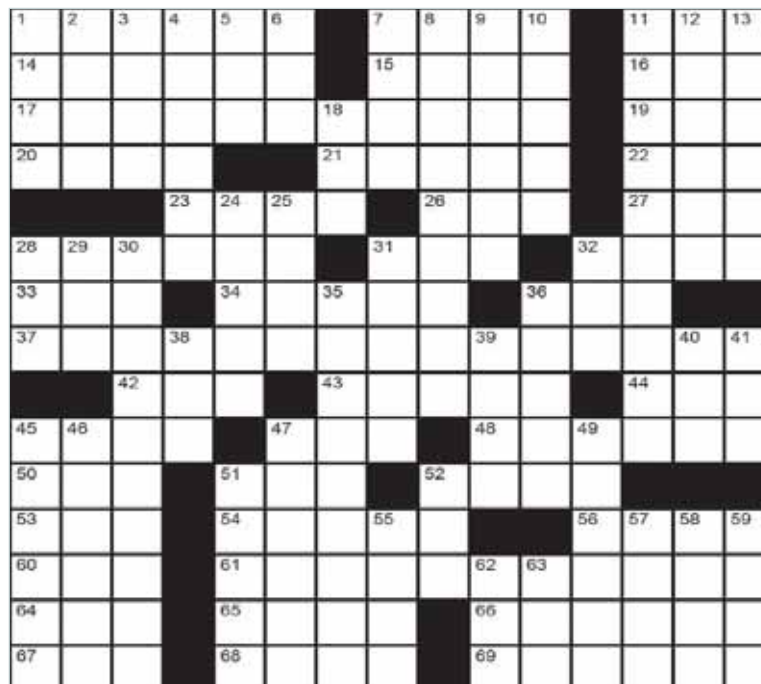
Feb. 20 - March 20

Mercury ends its retrograde phase and your self-belief will soar. With a new moon and a wonderful Sun-Jupiter link over the next 48 hours, this could be one of the best weekends of the year. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Sandy site
7. Cross of ancient Egypt
11. Talking Heads tune: "And She \_\_\_"
14. Four-leaf \_\_\_
15. Like retro records
16. Sherbrooke 'soul'
17. One-of-the-some who vote on Oscars: acronym + word
19. Till bill
20. Key
21. Traditions
22. Inventor Mr. Whitney
23. Pointing-out word
26. Bar brew
27. Duran Duran hit
28. Merry
31. "\_\_\_-boom-bah!"
32. Near-not
33. "...man \_\_\_ mouse?"
34. \_\_\_ egg (Give birth, chicken-style)
36. Pres. monogram
37. Montreal-born star who received a Best Actress Oscar nod for her role as Anne Boleyn in "Anne of the Thousand Days" (1969): 2 wds.
42. Choler
43. Truth
44. Born, fancy-style
45. Cats, for instance
47. '60s hit: "\_\_\_ My Party"
48. Gymnastics



- great, Mary Lou \_\_\_
50. English cathedral town
51. George Harrison's autobiography, \_\_\_ Mine
52. Office-worker's 'about': 2 wds.
53. Klutz
54. After: French
56. Canadian comic Mr. Macdonald

60. Harper Valley org.
61. Movie of 1943 (with Greer Garson in the title role) for which Canadian star Walter Pidgeon was a Best Actor nominee: 2 wds.
64. Worn wreath
65. Oktoberfest drink

66. Martial Art
67. Slip
68. Greek Myth: Charon's river
69. Shoelace-insertion spot

### Down

1. Hoodwink
2. \_\_\_ mater
3. Culture of north-eastern Arizona
4. Billy Wilder directed comedy of 1972 starring Jack Lemmon!
5. CV
6. Branch
7. Cartridge, e.g.
8. Easily-figured-out decision
9. Prays at the pew
10. 2014 Best Animated Short

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Film nominee, "Get a \_\_\_!"
11. Best Picture winner, "On the \_\_\_" (1954)
12. Henry Fielding book of 1751
13. Junior opposite
18. 911 respondent
24. Bisect
25. Jai \_\_\_
28. Treadmill pace
29. USA state
30. Magazine that hosts an annual Oscars party: 2 wds.
31. Keeps
32. Modifying wd.
35. Beatles song
36. Irked individual
38. Hosp. areas
39. Create a CD
40. 2014 Best Actor nominee Mr. DiCaprio
41. Home room
45. Citizenry
46. One who uplifts others with joy, say
47. Bestow
49. Time on the job
51. Poetic feet
52. Philosophy
55. Waters: French
57. Unwritten
58. Ceremony
59. Convene
62. Supplement
63. Small island

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



-5°/-13°  
Variable

Saturday



-5°/-9°  
Partly cloudy

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